

THE ART OF
COOKERY
R E F I N'D
AND
AUGMENTED.

Containing an Abstract of
some rare and rich unpub-
lished Receipts of
COOKERY:

Collected from the practise of
that incomparable Master of
these Arts, Mr. *Jos. Cooper*,
chiefe Cook to the
Late KING;

With severall other practises by the
Author, with an addition of Pre-
serves, Conserves, &c. offering
an infallible delight to all
Judicious Readers.

L O N D O N,
Printed by *J. G.* for *R. Lowndes*
at the White-lyon in *St. Paul's*
Church-yard, near the
West end. 1654.

READER,

THOUGH the
cheats of some
preceding pie-
ces that trea-
ted on this
subject (whose *Title-pages*,
like the contents of a weekly
Pamphlet, promised much
more than the Books perfor-
med) may have provided this
but a cold intertainment at
its first coming abroad; yet
I know it will not stay long
in the world, before every *ra-
tionall Reader* will cleare it of
all alliance to those false pre-
tenders. Ladies, forgive my

confidence if I tell you, that
I know this piece will prove
your favourite; and if any
thing displeases you, it will be
to see so many uncommon,
and undeflow'd *Receipts* pro-
stituted to the publique view,
which perchance you will
think might have been plac'd
better among the paper-se-
crets in a few of your Cabi-
nets; but 'tis easie to pardon
that offence, which is onely
committed in favour of the
Common good. I could say,
that the skilfullest professors
of either Art need not blush
to take out new lessons from
hence, but 'tis not safe to pre-
posseffe and bespeak expecta-
tion.

Farewell.



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FINIS.

THE ART OF
COOKERY,
REFINED
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How to hash a leg of Mutton.



Alse boyle the
Mutton in Wa-
ter, then take it
up and slice it
into thinne si-
ces, onely leave

some about the bone ; put it into

B a

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a pipkin with strong broth, or the broth which boyled it, with three or foure boyled Onions minced, a little Pepper, large Mace, one pinte of Claret or White-Wine, and a little Vinegar. This being done, let it stew above an hour, then put a faggot of sweet Herbs, that is, Time, sweet-Marjorome, winter-Savory, and Rosemary, stew it a little after, then scumme off all the fat, and put to the meat a minced Lemmon and Salt, then dish the bone, and pour the meat upon it, garnish it with Lemmon, Large Mace and scalded Parsly, then lippit it, and serve it up hot to the table.

How to boyle a shoulder of Mutton.

HAlfe boyle the Mutton in Water, then slice it as before,

refin'd and augmented. 13

fore, and preserve the gravie, putting the Mutton into a pipkin with some of the broth which boyled it, a little grated bread, Oyster-liquor, Vinegar, Bacon scalded and sliced thin, a quarter of a pound of Sausages stripped out of their skin, large Mace, and a little sliced Nutmeg, (put not in the gravie till it be almost stewed) and let all these boyle almost an hour; then put to them a pint of Oysters, a faggot of sweet Herbs and Salt, stew them together, take out the bone and broyl it and dish it, then scumme off the fat, putting a little minced Lemmon into it, shaking it well together, dish it on the bone, garnish it with fryed Oysters in batter, Lemmon sliced and Barberries; before you dish it rubbe the dish with a clove of Garlike.

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How to boyle a neck of Mutton.

BOyle your Mutton as fair as you can in Water and Salt. For your Sauce take a little handfull of Samphiere and put it into a pipkin, with strong Broth, Verjuice, large Mace, Pepper, an Onion, the yolkes of three or foure Eggs boyled hard and minced, sweet Herbs and Salt; these being boyled together halfe an houre, or more, as you see good, beat it up with Butter and Lemmon (if you have it) and pour it on your meat (being dish'd) garnish it with the whites of Eggs and Parsley minced together with sliced Lemmons and lippits, and serve it up hot.

How

*How to stew a leyne or neck
of Mutton.*

CUt the Mutton into thinne
steaks, as to frie, and hack
them with the back of a cleaver,
and put it into a pan or pipkin,
with as much water as will cover
it, and when it is scummed, put to
it three or four Onions sliced,
Sage leaves minced, a little Tur-
nip sliced: when it is halfe boyled
in other broth, sliced Bacon or
Sausage, sliced Ginger, Capers,
sweet Herbs minced, Vinegar and
Salt; stew all these together two
or three houres softly, till all but
a pinte of liquor be consumed,
then sippit the meat and lay it in
slices, then scum all the fat off the
liquor and pour it on the meat;
garnish it with what you please.

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Another way for the same.

PRepare as in the last, and put to it a handfull of Spinnage scalded, and hack'd with your knife, a handfull of french Barly; prepare two or three hard Lettuces, quartered and scalded, Vinegar, a fagot of sweet Herbs, Ginger, and a little Salt; when the meat is stewed, dish it with two or three thinne tostes of white bread, scum off the fat and put into it a piece of Butter, Sugar, and a handfull of Gooseberries scalded, then beat it up thick, and poure it on the meat, garnish it with Lettuce, Spinnage, Gooseberries and Sippits.

How to boyl a breast of Mutton.

BOyle the Mutton in Water and Salt. For the sauce, take some of the broth which boyled it

refin'd and augmented. 7

Take Verjuice, half a pound of Raisons stoned, a little Carret cut in dice-work, the yolks of two or three Eggs hard boyled, and minced, two or three blades of large Mace, a little sliced Ginger, the bottome of a boyled Artichoke cut as the Carret, salt it: boyle all these together in a pipkin, a convenient time, then dish your Mutton, and beat up your sauce with Butter and a little Sugar (if you please) then pour it on the Mutton, garnish it with Carret cut in works, with some of the boyled Raisons, Barberries, and Sippets, and serve it up hot to the Table.

How to farce a knuckle of Veale.

TAke halfe a pound of Suet and mince it very small, and put to it grated Bread, one gra-
B 4. ted.

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ted Nutmeg, a little beaten Clove
and Mace, a little Sugar, Salt,
pretty quantity of Time, Rosema-
ry minced very small, and a quar-
ter of a pound of Currants, mix
all these together with an Egg
and a little Verjuice, and stuff
your Knuckle with it, and boyle
it; for the sauce, take some of the
broth which boyled it, with Ver-
juice or Vinegar, a sliced Nut-
meg, Currants and sweet Herbs
minced, then boyle it an houre,
and put in some Lemmon, Butter
and Sugar; beat it, and dish your
Veale, then pour it on it.

How to boyle a neck or breast of Veale.

First parboyle your meat, then
cut it into thin slices or steaks,
then lay it in a broad stewing-
pan, or frying-pan, and put to it
strong Broth, Verjuice, thinn
slices

refin'd and augmented. 9

pieces of Bacon, large Mace, an
xe Palat blanched and cut in
ce-cut, Oysters or Cockles, a
ttle handfull of Capers one An-
move; stew these together till
here be but a pinte left, but have
care of breaking the Veale; lay
your Veale one piece by another
in a dish, then beat up this broth
with a piece of Butter, and poure
upon it, garnish it with what
you please; I will give you cha-
acters of all sorts of garnishing
hereafter, that you may please
your owne fancy in garnishing.

How to Stew a Calves head.

First boyle your Calves head
in Water halfe an hour, then
take it up & pluck it all to pieces,
and put it into a pipkin with Oy-
sters, and some of the broth which
boyl'd it, if you have no stron-
ger, a pinte of white or claret.

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Wine.

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Wine, a quarter of a pound of middling Backen sliced, and either watered or parboyl'd, ten roasted Chesnuts split, the yolks of three or four Eggs, sweet Herbs minced, a little Horfe-Radish-root scraped; stew all these one houre, then slice the Braines (being par-boyled) and strew a little Ginger and grated Bread, or make a little batter with Eggs, Ginger, and Salt, and Flower; you may put in some juice of Spinage, and fry them green with batter, then dish the Meat, and lay these fry'd Braines, Oysters, the Chesnuts, and half yolks of Eggs, and sip-pit it; then serve it up hot to the Table.

How to Stew a leyne of Lambe.

Cut your Lamb into steaks as you did your Mutton, to stew, but not altogether so thin as the
the

refined and augmented. 11

the Mutton; put it into a pipkin with water to cover it, it being scummed, put to it Capers, Samphier, the bottom of two or three Artichokes, boyle fix or seven large blades of Mace, halfe a Nutmeg sliced, Verjuice and Salt; stew all these together one hour, then dish your Lamb with as little breaking as you can, then scum off the fat, and put into the broth scalded Spinage and Parsley minced with scalded Gooseberries, a piece of Butter, making it well together, dish it and serve it up with sippies.

How to boyle a joynt of Lamb.

BOyle your Lamb in Water and Salt: For the Sauce, take some of the Broth which boyled it, and put it into a pipkin with Verjuice, Mace, three or foure Dates, a handfull of R.

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ned, and sweet herbs; these being boyled together enough, beat up with Butter, a handfull of scalded Gooseberries, and a little Sugar, if you finde it too sharpe dish the Lambe, and sippe it.

How to boyl a hanch of Venison.

LEt your Venison be poudred, then boyl it in water: for the sauce, take some of the strongest broth and put it into a pipkin, with Vinegar, Ginger sliced, a little Pepper, Collesflower or Collewort stalks boyled, and the pith taken out, and put in large Mace, Cowes udder boyled and sliced, a little Horse-radish root scraped, and sweet Herbs; boyl all these a convenient time, then dish the Venison, being boyled, & beat up the sauce with a little Butter, & lay Collesflowre on it, and what
you

refin'd and augmented. 13

your please. This sauce is very good with a boyled poudred Goose, you may lard your Goose with Bacon, if you please.

How to boyle a Duck.

TRusse your Duck and boyle it in water, and take some of that broth with Pistachoes blanch'd, Cow's udder boyled and sliced, Sausages strippt out of their skins, white Wine, sweet Herbs, large Mace; boyle all these together till you think it sufficiently boyled, then put to it beet roots boyled and cut in slices, beat it up with Butter, carve up the Duck, pouring the sauce on the top of her, and garnish it with fippits, and what you please.

How to boyle a Coney.

TRuss your Coney, boyl her in water and salt: for the sauce, take strong broth, if you have any,

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any, or that which boyleth it, with two or three Pippins quartered, large Mace, Pepper, Salt, a handfull of Currants, a faggot of sweet Herbs, two sliced Onions and Vinegar; boyle all these together halfe an houre, then straine it, and throw away all the thick, put in a piece of Butter and a little Sugar, with Lemmon, beat it up thick and pour it on your Coney: being dished, garnish it, and serve it up to the Table.

How to Stew a Neats Tongue.

Either boyle or roast your Tongue, and split it, put it into a dish, or flat pipkin, with a good quantity of Cinamon, Ginger, a pinte of Claret, a little Vinegar, a bunch of Rosemary tyed together, a little grated Bread and Salt; Sew these together

refin'd and augmented. 15

ther till halfe consumed, dish the
Tongue and beat the Broth up
with Butter.

How to boyle a Chicken.

SCald the Chickens and trusse
them, boyling them in water
as white as you can: For the
Sauce (if it be in winter) take a
pinte of white-Wine, Verjuice,
five or six Dates, a little handful
of Pine-kernels, five or six blades
of large Mace, a faggot of sweet
Herbs; all these boyle together
till halfe consumed, beat it up
thick with Butter, and pour it on
the Chickens (being dished) with
two or three white-bread tostes
dipped slightly in a little Musca-
dine, and lay on the Chickens
yolks of Eggs cut into quarters,
passe-Paste, Lozanges, Sheeps
tongues fryed in greene Butter;
being boyl'd and blanch'd, pick'd
Bar.

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Barbeties, three or foure pieces of Marrow (being boyled) and serve it up hot.

Another way for the same.

IF in Summer, take Wine as before, and a little Broth which boyled them, if you have no stronger; large Mace, the bottom of two Artechokes, being boyled and cut in dice-work, an Ox Palat sliced thinne, Salt and sweet Herbs; all these being boyled together, beat it up with Butter, dish the Chickens and pour this sauce on them; laying on the chickens boyled Aspurgus, hard Lettuce scalded, a little handful of scalded Gooseberries; sliced Lemon will doe well in the sauce, if you please; sippit it and serve it up. Verjuice, and some of the broth boyled with large Mace; a little sliced Ginger and Salt.
being

refined and augmented. 817

being beatup with Butter, the gizerne of the Chickens, a little Sugar, the Parsley which was boyled in their bellies, all minced, and a handfull of scalded Gooseberries or Grapes with sippits, will be good.

How to boyle Pigeons.

SCald and pull your Pigeons, draw and truss them to boyle with Parsley in their bellies, and boyle them in water and salt; for the sauce, take some of the broth, Vinegar, Bacon scalded and sliced very thin, large Mace, whole Pepper, 3 or 4 yolkes of hard Eggs minced; boyle these together with a sprig of sweet Marjerom a quarter of an houre, and put in a little gravy of any flesh,

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flesh (if you have it) beat it with Butter, dish the Pidgeons, pour the Sauce on them, garnish the meat with good store of Barberries, Lemmon and Sippits; you may put in some pickled Broomebuds (if you have them) then serve it up hot to the Table.

How to make a grand boyled Meat.

Kill and pull, or scald what young Fowle is in season, as Pidgeons, wilde or tame, Partridges, Pheasants, Teale, Plover, Widgeons, Snipes, Larks, or any other Fowle; you may doe a young Coney, wilde or tame, trusse them and boyle them as faire and as white as you can, and while they are boyling, take strong Broth, wherein Veal or any other fresh Butchers meat hath been

refin'd and augmented. 19

been boyled to pieces, put to it an
Oxe Pallet blanch'd and cut in
lice-work, Pestaches, Pine-ker-
nels blanch'd, a quart of White-
Vine, a good quantity of large
Mace, Salt, and five or six Dates
cut to pieces; boyle these toge-
ther as long as you think it ex-
pedient, and when it is boyled
put to it a large piece of Butter
and Lemmon sliced very thinne,
the rinde being pared off, and
beat it up thick; then dish your
meat orderly with thin tostes in
the bottome, pour the sauce on
them; garnish with Sheepes
tongues, boyled, blanch'd and
split, rowled in greene Batter,
and fryed green; sliced Lemmon
and Orange; sippit it and serve it
up hot to the Table.

Another

Another way for the same.

BOyl your fowl as at the first, then take strong Broth and Wine, put to it large Mace and sliced Nutmeg, a pint of good Oylsters, being wash'd very clean, straine the liquor which was with them into the Broth, a handfull Capers, a quarter of a pound of Cocks stones and combs prepared, a little Parmasan grated, a little sliced Bacon, if it be not rusty, a faggot of sweet Herbs, Vinegar and Salt; all these being boyled together, beat it up with Butter and the juice of two or three Oranges; dish your meat as in the last, pouring this on it, and lay on your meat Oylsters fryed brown, half yolks of Eggs, Lettuce scalded green, if in Sommer, or Skerriots fryed green, as I will write hereafter, when I treat of fryed

refin'd and augmented. 21

ed meat; garnish your dish
h Lemmon sliced, pickled
berries, or what other garnish
a fancy, or is in fashion. If you
l not goe to the charge of
wle, or that you cannot get
ficiently, lay a boyl'd neck of
utton in the middle, or 3 or 4
arrowbones boyled betweene,
some large Poultry in the
iddle, as Capon, Duck, and
ch like.

How to make white Broth.

Take Sack, or white Wine,
with the same quantity of
rong Broth, Dates quar-
red 4, large Mace, 6 sweet
leaves and Sugar, boyle all
these together till one third
is consumed, then beat as
many yolkes of Egges as
will thicken it; put to them
a with a piece of Butter,
and

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and beat it up till it boyle, haue
a care it doe not curdle; this will
be fit for Capon, Pullet, or Pigeon
or what you please; dishing your
meat, if it be flesh, garnish it
with Lemmon, Barberries, or any
Preserves, and sippit it with puff
Paste, Lozanges, or ordinarie
Paste, and serve it up hot with
the Meat.

How to boyle a Capon or Pullet with French Barley.

LET the Barley be boyled in
two severall waters, then
dreine the water from it and put
it into a pipkin, with large Mace,
whole Cynamon, and a little
race of Ginger, and put to it a
pinte of white Wine, Dates, and
some strong Broth of flesh, or
some of the Broth you boyle the
Capon in, or some Scerroots, or
Potatoes

refin'd and augmented. 23

potatoes boyled and peeled, or
(if you have neither of them)
two or three Apples pared and
quartered, and boyled tender in
water, and put them in when the
broth is almost boyled, which
will be enough, when you thinke
the strength of the spice is boyled
out; then take fixe or eight yolks
of Eggs, and beat them well with
a wine-glasse of Sack, and some of
that hot broth in the pipkin; then
take the pipkin from the fire and
put in the Eggs, to prevent curd-
ling, and sweeten it with Sugar
and set it on the fire till it boyles,
keeping it with continuall stir-
ring; then dish the Pullet, being
boyled, and poure this broth on
it; and garnish it with the same,
and some Lemmon; lay boyled
Marrow on the Meat.

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How to make stewed
Broth.

LEt the pot be set a boyling
five houres before dinner
with Water and good store of
fresh Beefe, or bones of Veni-
son or Mutton, and to every
gallon of Water put in two pound
of Raisons, one pound of Cur-
rans, halfe a pound of Pruines,
and one pound of Pruines boyl'd
in a bagg to strain in the broth (as
you shall have in order) but so
soon as the broth boyls, let there
be a quantity of one pound of
wheaten Bread sliced and steeped
in some of the hot broth till it be
tender, then straine it thorow a
sieve or strainer, and put it into
the broth, keeping it with often
stirring, then straine the Pruines
with a pinte of Claret, or a lesse
quantity

refin'd and augmented. 25

quantity of Verjuice, if you have
no Wine, and put it in the broth
with a Nutmeg, as much Mace,
halfe as much Cloves, beat all;
and about two houres or more
before dinner, put in the ribbs of
a neck of Mutton, and as much
more fruit, a bundle of sweet
Herbs; and when it is boyled,
season it with Salt and Sugar;
then dish the Mutton and Broth
together, and serve it up.

How to boyle a Pike.

TRusse your Pike to boyle,
and wash it very clean, and
boyle it in Water, Salt, and
Vinegar; put it not in the liquor
till it boyleth, let it boyle very
fast at first to make it crispe, but
afterwards let it boyle softly; the
rivet of a Pike will not require so
much boyling; for the sauce, put
in a pipkin a pinte of white Wine,
C sliced

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Sliced ginger, large mace, a quarter of a pound of Dates quartered, a pint of Oysters with the liquor, being strained, a little Vinegar, and Salt; boyle all these a quarter of an houre, then mince a handfull of pick'd Parsley with a little sweet Herbes amongst it, and boyle it another quarter of an houre, till half be consumed; then dish your Pike in a dish, garnished with searced Ginger, or chippings of Manchets, Lemmon or Orange, or what you please; some floure or green garnish will doe well in the Spring, and fippit it with puff-Paste, and lay on it the Marrow of two bones, being boyled in as big pieces, as you can, with the rivet on it; you must beat up your Broth with halfe a pound of Butter, and minced Lemmon.

Another

resp'd and augmented. 27

Another way for the same.

BOyl your Pike as at first; for the sauce, take white Wine, Vinegar, Mace, a little whole Pepper, a good handfull of Cockles, being broyled or boyled, and picked out of the shells, being washed well with Vinegar, a faggot of sweet Herbs, the liver being beat and strained, Horseradish root; boyle all these together; it being boyled, dish your Pike with fippirs, and beat up your sauce with Lemmon minced and good store of Butter, pouring it on the fish; garnish it as you fancy.

A Pike (if small) is excellent meat fryed with Butter, and the sauce Butter, Lemmon sliced, Nutmeg and Salt beat up thick with a little fryed Parsley, or barded with Nutmeg, Ginger, and

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Pepper, and Salt, with good store of Butter.

How to Stew a Carp.

LEt your Carp be alive, and when you are ready to boyle it, take it and scale it with your knife, drying it very well with a cloth; open the belly, taking out the entrailes, then wash the blood into a pipkin with claret Wine (a pinte will be the least you can use) with Vinegar, a ladleful of some fresh broth, or water, a faggot of sweet Herbs, two or three whole Onions, halfe a pound of Butter; stew all these together with the Carp halfe an houre, or more, softly; then dish your Carp with sippets and tostes in the bottome, pour some of this broth on them, garnish them with Rosemary or Bayse

refined and augmented. 29

Bayse dipped in Butter and fryed,
or Lemmon, Barberries, Grapes,
Ginger on the side of the dish;
be sure you boyle the River,
it being the best of the meat,
and lay it on the Carpe, being
dished.

Another way for

the same.

OPen your Carp and wash it
very cleane with a cloth,
all the blood out; doe not scale it
as the other, but put it into a flat
pan, or pipkin; there are things
purposely to stew fish in; and put
to it a pinte of white Wine, Mace,
Ginger, Salt, Vinegar, Oyster-
liquor, and sweet Herbes;
and when the Carpe is stewed,
take some of the liquor and
beat it up thick with the yolke
of an Egge well beaten, and a

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piece of Butter, then heat your dish wherein you serve up your Carp, and rub it with a clove of Garlike; put minced Lemmon in your sauce; dish your Carp with two or three toasts of white Bread in the dish; sippit it, and serve it up with what garnish you please.

How to Stew a Bream.

SCALE your Bream and wash it without, but preserve the blood for to stew it with, as followeth. Take Claret, Vinegar, Salt, Ginger sliced two large races, the pulp of one pound of Pruines, being boyled and strained unto the Broth, one Anchove, Sweet Herbs, and Horseraddish root stamped and strained; stew these with no more liquor than will just cover the fish; when it is stewed beat up

some

refined and augmented. 31

some of the liquor with Butter
and poure it on the fish (being
dished) garnish it with rasped
Bread, Lemmon, Orange, and
Berberies: serve it up hot to the
Table.

How to Stew an Ele.

FLay the Eeles and cut them in-
to pieces, put them into a pan
with Water and Verjuice, as
much as will cover them, with
large Mace, Pepper, a quarter of a
pound of Currans, 2 or 3 Onions,
three or four Spoonfull of Yest,
a bundle of sweet Herbs; stew all
these together till the fish be
very tender, then dish them, and
put to the Broth a quarter of a
pound of Butter, a little Salt and
Sugar, pour it on the fish, sitt
it, and serve it up hot to the
Table.

How to stew Oysters.

STraine the liquor from the Oysters, then wash them very clean, and put them into a pipkin with the liquor, a pint of Wine to a quart of Oysters, two or three whole Onions, large Mace, Pepper, Ginger; let all the spice be whole, they will stew the whiter; put in Salt, a little Vinegar, a piece of Butter and sweet Herbs; stew all these together till you think them enough, then take out some of that liquor and put to it a quarter of a pound of Butter, a Lemon minced, and beat it up thick, setting it on the fire, but let it not boyle; dreine the rest of the liquor from the Oysters thorow a cullender, and dish them; pour this sauce on them; garnish your dish with searced Ginger,

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Ginger, Lemmon, Orange, Barberries, or Grapes scalded; sipper it, and serve it up.

*How to Stew Cockles, being
taken out of the
Shells.*

W Ash them well with Vinegar, broyle or boyle them before you take them out, then put them into a dish with a little Clarret and Vinegar, a handful of Capers, Mace, Pepper, a litle grated Bread, a little minced Thyme, Salt, and the yolks of two or three hard Egges minced; let all these stew together till you think them enough, then put in a good peice of Butter, shaking it together, then heat your dish & rub it with a clove of Garlike, and

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put two or three tostes of white Bread in the bottome, laying the Meat on them, Crawfish, Praunes, or Shrimps, are excellent good the same way, being taken out of their Shells you may make variety of garnish with the shells.

How to steam Lobsters.

YOur Lobsters being boyled, take out the meat, breaking the shell as little as you can, but break the meat small, put it into a pipkin or dish, with Claret wine, Vinegar, and Nutmeg sliced, a little Salt, a piece of Butter; stew all these together an houre softly; it being stewed almost dry, put to it a little more Butter, stir it well together, lay very thin tostes in the dish, and lay your meat on them, or you may put it into the shells, and garnish

refin'd and augmented. 35.

Garnish your dish about with the small legs, and lay your body over the meat with an addition of Lemon and rare coloured flowers, being in Summer, or pickled in winter.

Crabs are good the same way, only adde to them the juice of two or three Oranges, a little Pepper and grated Bread.

How to stew Artechokes.

First let your Artechokes be boyled, then take out the core, and take off all the leaves, cut the bottome into quarters, splitting them in the middle; provide a flat stewing-pan, or dish, wherein put thin Manchet tostes, and lay the Artechoke on them, the Marrow of two bones, five or six large blades of Mace, half a pound of preserv'd Plummes, with the Syrrup, Verjuice and Sugar.

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Sugar, if the Syrrup doe not make them sweet enough; let all the stew together two houres; if you stew them up in a dish, serve them in it, not stirring them, once lay on some preserves, which are fresh, as Barberries, or such like sippit it and serve it up: instead of Preserves you may stew ordinary Plummes, which will be cheaper, if you have no old Preserves.

How to stew Potatoes.

BOyle or roast your Potatoes very tender, and blanch them; cut them into thin slices, put them into a dish or stewing-pan, put to them three or foure Pippins sliced thin, a good quantity of beaten Ginger and Cinnamon, Verjuice, Sugar and Butter; stew these together an hour very softly; dish them being stewed enough,

refined and augmented: 837

enough, putting on them Butter and Verjuice beat together, and stick it full of green Sucker or Orrengado, or some such Liquid sweet-meat; sippit it and scrape Sugar on it, and serve it up hot to the Table.

How to stew Pippins.

PAre your Pippins, cut them into halves and coare them, and lay them into a stewing-pan with faire water, Rose-water, a little Verjuice, Sugar, Orange-peel, Ambergriee, or Musk; if you eat them hot put Butter on them, being beat up thick; if you eat them cold, put not any in; sippit them, scraping Sugar on the top, and serve it up.

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*To pickle Salmon to keep
halfe a year.*

TAKE the Salmon and cut in
fixe round pieces, then boyle
it in Vinegar and Water, there
being two parts Vinegar, and
one of Water, but let your liquor
boyle halfe an houre before you
put in the Salmon, which being
well boyled, take it out of the li-
quor and dreine it very well, then
take Rosemary-leaves, Bay-leaves,
Cloves, Mace, and grosse Pepper,
a good quantity of each, and
boyle them in two quarts of
white-Wine, and two quarts of
Vinegar, and let it boyle well for
halfe an houre; then take the Sal-
mon, being quite cold, and rubb
it well with Pepper and Salt, and
pack it into a cask with a lay of
Salmon and a lay of Spice, that is.
boyled.

boyled in the liquor, but let your liquor and spice be very cold; when the Salmon is packed, then put in the liquor, and renew the pickle once a quarter, and it will keep a yeare or more. This is for one Salmon, and so proportionably; let not the cask be bigger than just to fill it with Salmon and Pickle.

Put some Lemmon peels into the pickle, and let the Salmon be new taken, if possible.

How to pickle Cu- cumbers.

GAther the tops of the ripest Dill and cover the bottome of the vessel, when you pickle the Cucumbers, and lay a layer of Cucumbers and another of Dill, till you have filled the Vessel within a handfull of the top, then take as
much

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much water as you thinke will fill the vessel, and mixe it with Salt and a quarter of a pound of Allom to a gallon of Water, and poure it on them, and presse them downe with a stone on them, and keep them covered close.

For that use I thinke the water will be best boyled and cold, which will keep longer sweet, or if you like not this pickle, doe it with Water, Salt, and white-Wine Vinegar, or (if you please) pour the Water and Salt on them scalding hot, which will make them ready to use the sooner.

How
After the tops of the
Dill and cover the bottom
of the vessel when you pickle the
cumpers and lay a layer of
cumpers and another of Dill till
you have filled the Vessel within a
handfull of the top, then take as
much

refin'd and augmented. 41

How to souce a Tench with jelly.

YOur Tench being new, draw out the garbiss at the gills, and cut off all the gills, it will boyl the whiter; then set on as much cleare water as will conveniently boyl it, and season it with Salt, Vinegar, 5 or 6 Bay Leaves, large Mace, whole Cloves 3 or 4, a faggot of sweet Herbes bound up hard together; so soon as this preparative boyls, put in your Tench, being clean wiped; do not scale it, it being boyl'd take it up, wash off all the loose scales; it will be best to put in your Spices after the Tench is in and scummed: the fish being boyled and taken up, straine the liquor thorow a jelly-bagg, and put to it a piece of Iceing-glass, being washed and steeped for the purpose; and boyle it very cleanly: dish your fish in the dish you intend
to

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to send it up in; then straine the liquor through the bag, and pour it on the fish, and let it coole: you may sounce a Carp, or any other pond-fish, onely you must put in more Icing-glasse, the other fish being not so apt to jelly; garnish with Lemmon-peel cut in branches or long pieces as you fancy, with Barberries and Floures.

This gellie will serve to jelly Lobsters, Crawfish, or Prauners, hanging them in some glasse by a thread, at their full proportion, and filling the glasse with the jelly when it is warme, it being cold, turne it out on the glasse plate; if you fancy it you may make very pretty things for to set out a table, and cheap; you may colour your jelly in divers colours, but I think white to be the best for this use; I will omit it for another place.

How

How to Souce a Pigg.

S Cald the Pigg and cut it into four quarters, and bone it, and let it lie in water a day and a night; then roule it up (like Brawn) with Sage-leaves, Lard, let your Lard be watered and cut into small pieces, grated Bread mixed with the juice of Orange; season it with Nutmeg, Mace and Salt; this being done, roule it up in the quarters of the Pigg very hard (like Brawn) binde it with tape, then boyle it with faire Water, white Wine, large Mace, a little whole Ginger, a little Lemmon-peele, a faggot of sweet Herbs and Salt; boyle it very well, and set in an earthen pot to cool in the liquor, and let it souce there two dayes at least; then check it out on Plates, or serve it

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in a collar (like Brawn) and eat it with Sugar and Mustard.

How to sauce a Ramm's Head.

Cut the Head off with a good part of the Neck to it, and boyl it with the skin on; it will require a great boyling; it being boyled, take it up and pluck off the skin, souce it in jelly, or boyle some broth (which you have boyled fresh meat in) with Vinegar, salt, a good handful of sweet herbs, Ginger, Pepper, a good piece of Horse-raddish root scraped, and a quarter of a pound of French Barley; boyle them well together and strain it thorow a bagg, and souce the head in it; it being souced, slice it and serve it on a plate with Vinegar, or serve it up whole with the hornes.

How

How to pickle Oysters.

TAke the largest Oysters you can get, straine them from the liquor, and wash them cleane, then set on as much water as you think will cover them, and when it boyleth, put them in, and let them but scald, and poure them from the liquor; then take the naturall liquor, with some of that which scalded them, Vinegar, large Mace, whole Pepper, Salt, and two or three Bay-leaves; boyl all these together, barrel your Oysters (being cold) and fill them up with liquor, and make them up very close, being very cold; a clove of Garlike will doe well in some of them, for those that like it.

I would have mentioned the pickling of all sorts of Flowers, Seeds, Buds, and Roots, one-ly

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ly it is so tedious, and so common, that every one can doe them; onely Artechokes you may pickle, as followeth.

To pickle Artechokes.

VWhen your Artechokes are ripe, gather them, and cut off the stalk within an inch of the Choke, washing them very clean, and boyle them a little with Water and Salt; then take them up, laying the bottome upward till they be cold: this being done, provide a vessel of cleare Water and Salt boyled together, and cooled, then put the Artechokes into it, covering it very close, and you may keep them all the yeare, have a care of making it too salt; they are excellent for Pies at Christmas, or to stew.

How

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*How to make a Sallet of
Salmon.*

When the fresh Salmon is boyled, mince it small with Apples and Onions, then mixe it with Oyle and Vinegar, a little Salt and Pepper; lippit it, and serve it up. Pickled Herrings are excellent with the same ingredients; the seedes of Cabbage or Turnip are excellent Sallet hot, when they are ready to blossome, being boyled and buttered.

*How to keep Beeffe three
weekes fresh enough
to roast.*

WRap your Beeffe up very close in Linnen, and lay it in some drie vessel, and in a dry
roome

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room, and cover it close up with Salt, that no aire getteth in, and it will be very fresh and sweet.

How to roast a shoulder of Mutton with Oysters.

STraine your Oysters, wash them and scald them, dreine them well; then provide grated Bread, Salt, minced Thyme and Parsley, Mace, Nutmeg and Pepper beat very small; mix all these with a little Vinegar and the white of an Egg; roule your Oysters in it, and make little holes in your Mutton, being spitted, and thrust your Oysters in halfe way, and keep them in with little scuers, or sprigges of Thyme: roast it, and preserve the gravie, and that which droppeth from it, for the sauce, with white Wine, Vinegar, the Oyster-liquor, sliced Nut-

Nutmeg, some of the meat which was left of stuffing it, and Oysters; boyle all these together, and put the Gravié, with Salt, and a piece of Butter, a minced Lemmon, or the juice of an Orange; rub your dish with a clove of Garlike, and dish your Mutton with this sauce in the bottom, garnish it with Lemmon and serve it up.

How to hashe a shoulder or leg of Mutton.

HAlfe roast the Mutton and draw it from the spit, cut it into thin slices and put it into a pipkin or stewing-panne, with strong Broth, a pinte of Claret, Vinegar, five or sixe Anchoves, a slic'd Nutmeg, a faggot of sweet Herbs, a handfull of Capers, and Salt; stew all these together one
D houre,

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'houre, or more'; then put in the
Gravie which came out of the
meat, when you cut it in pieces,
the juice of Lemmon; scumm off
the fat as cleane as you can, then
dish your bone, pouring the meat
on it; garnish it with Lemmon
and serve it up.

*How to make sauce for any
joynt of roasted Mutton.*

BOyle Vinegar, Claret-Wine,
or strong Broth, a sliced
Nutmeg, minced Thyme, Salt, and
minced Lemmon in it; when it is
boyled, and Gravie (if you have
it) rub your dish with Garlike (if
you like it) and serve it up with
your Mutton.

Another

Another way for the same.

OR Claret, five or sixe Oysters, with some of the liquor, a little pickled Samphire, three or foure blades of Mace, an Onyon minced with sweet herbs and salt boyled together; it being boyled put in minced Lemon and Gravic; dish your Mutton with this sauce, or set a dish under the Mutton as it is roasting, with Claret, Vinegar, a sprig of Thyme, a little sliced Nutmeg, one Anchove, Horse-radish root seraped, a handfull of Broom-buds pickled, and Salt; when the Mutton is roasted scum off the fat, and poure the sauce on it, being dished.

I could relate many more; but this shall suffice for this subject.

*How to make a hashe of a
Leg of Lambe.*

First roast your Lambe, then
slice it from the bone into a
pipkin, but leave some meat
on the bone, and lay it in a dish
by, and put to your sliced meat
Verjuice, Claret, and the yolks
of three hard Eggs minced, a
sliced Nutmeg, roasted Chestnuts
quartered or sliced, sweet Herbs
minced, a quantity of pickled
Mushromes minced, two or three
whole Onion, a little strong
Broth, stew these together with
as little breaking the meat as
possible; it being well stewed, put
to it a piece of Butter, a minced
Lemmon, red Beet-root; being
boyled and cut into dice-work,
shaking them well together, boyl
the bone and dish it with this
meat

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meat layed on it, and lay on it
boyled Asparragus. Beet-roots
scalded, Lettuce scalded. yolkes
of Eggs cut into halves, with sliced
Lemmon sippit your dish and
serve it up hot.

*How to farce a Leg or Fillet
of Veale to roast.*

TAKE Beefe-suet minced very
small, with Thyme, sweet
Marjerome, and a little Winter
Savoury, Cloves and Mace beat,
Salt, grated Bread, five or sixe
Dates minced, and a handfull
of Pine-kernels blanched; mixe
all these together with a little
Verjuice and the yolk of an Egg.
This being done, cut your Veale
full of little holes and stuff it
full with this Compound; spit
it and roast it thoroughly: for
the sauce, take Vinegar, Butter,
D. 3 Sugar.

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Sugar, Cynamon and Ginger beaten; beat it up thick together, dish your Veale with the sauce, garnish it with Orange sliced, and serve it up.

How to roast a Pig with the skinne off.

WHen your Pigge is fleyed and garbided, drie it very well with a cloth, and make a hard meat with Bread, three or foure Egges, Creame, minced Thyme, Beef-suet, a little beaten Cloves, Mace and Salt; it being compounded like a Pudding, stuff the belly of the Pig full, and scuer it up close, trusse it round and spit it, laying it downe to the fire, but stick it full of sprigges of Thyme; set a dish under it with Charet, a little Thyme, a sliced Nutmeg, with a little Vinegar and Salt;

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Salt; baste the Pigge with it till it be roasted, then froath it up with butter, taking this sauce with a little minced Lemmon and a large piece of Butter; beat it up and put it in your dish with the Pig.

*How to roast a Calves head
with Oysters.*

Split your head, as to boyle, take out the braines, washing them very well with the Head, cut out the Tongue, boyle it a little and blanch it; let the Brains be parboyled as well as the Tongue, mince the Braines and Tongue, a little Sage, Oyster, Marrow, or Beef suet very small, mixe with it: it being minced, three or foure yolks of raw Eggs, beaten Ginger, Pepper, Nutmeg, grated Bread, Salt and a little Sack (if the Braines and Eggs make it

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not moist enough: this being done, parboyl your Calves head a little in water; then take it up and dry it well with a cloth, filling the holes where the braines and tongue lay, with this meat, and binde it up close together and spit it and stuff it with Oysters, compounded with the same ingredients as they were with the Shoulder of Mutton; stick it as full of them as you can, and roast it thoroughly, setting a dish under it to catch the Gravic, wherein let there be Oysters, sweet Herbs minced, a little white-Wine and a sliced Nutmeg: when the Head is roasted set the dish wherein the sauce is, on the coales, to stew a little; then put in a piece of Butter, the juice of an Orange and Salt; beating it up thick together, dish your Head and put the sauce to it, and serve it up hot to the Table.

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How to b:sh a Capon.

Roast your Capon almost
enough, then cut all the
flesh from the bones which with
mince, and mince it very small;
put it into a pipkin with
white Wine and a little strong
Broth, five or six hard yolkes of
Eggs, with nine or ten Chesnuts
minced very small, an Oxe Palate
sliced very thin, a little Bacon
(if it be not rusty) minced small,
some powder of Saffron, a hand-
full of Pistaches; stew all these
together with the gristles and
bones (which will not mince)
till it be tender; then put in a
large piece of Butter, a little Vi-
negar or minced Lemon (if
you have it) with a little of the
peel, and a little Salt; shake it
well together and let it not boyl;
then lay thin white-bread tostes

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in the dish; pour this meat on it, and lay the bones in order about the dish with Sippits, Barberries, halfe yolks of Egges, or greene and what other coloured garnish you fancy.

*A Sance for a roastest Pullet
or Capon.*

WHen your Pullet is roasted and dished, put a little piece of Butter into the Belly at the end, with a little Claret, a hard yolk of an Egg minced, a Lemmon squeezed into it and Salt; give these one boyle with the Gravic and the Fowle in the dish, then garnish it with Lemmon and serve it up.

For Woodcock, Snipe, &c.

YOU may make sauce for Woodcocks or Snipes as followeth; If you draw your Fowle put an Onion in the belly, then spit them, roast them with a dish under them, in which let there be Claret, Vinegar, an Anchove, Pepper and Salt; the Fowle being roasted, put a little piece of Butter and a little grated Bread, shaking it well together and dish it with your Fowl.

It is very good sauce for a wilde Duck, onely rub your dish with a clove of Garlike, because it is a ranker fowle.

Another way for the same.

BOyled Onions, Pepper, Salt and Butter, is very good; or raw Onions, Water, Pepper, Salt, with

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with a little Gravy of any fresh meat.

Partridge sauce.

FOR Partridge, grated Bread, Water, Salt, and a whole Onion boyled together; when it is boyled take out the Onion and put a minced Lemmon and a piece of Butter: dish your Fowl and serve it up with this sauce.

How to roast Larks.

with Bacon.

WHEN your Larks are plucked and drawne, wash them and spit them with a thinne slice of Bacon and a Sage leaf between every one; make your sauce with the juice of two or three Oranges, Claret, and a little sliced Ginger, give it one or

two

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two walms on the fire and beat it up with a piece of Butter, dish your Larkes with the sauce in it.

Roasted Quailers, & Sauce for them.

DRy some Vine-leaves on the spit, or in a dish before the fire, mince them very small, put them into Claret and a little Vinegar, with a little small Pepper and Salt; it being boyled beat it up thick with a piece of Butter, serving up your Fowle in it.

How to roast Oysters.

STraine the liquor from the Oysters, and wash them very cleane, and give them a scald in boyling water, then cut small Lard and lard them with:

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with a larding sewer, and spit them on a small spit provided for that service; then beat two or three yolks of Eggs with a little grated Bread, or grated Nutmeg, Sale, a little Rosemary and Thyme minced very small; and after your Oysters are heat at the fire, baste them continually with these ingredients, laying them pretty warm at the fire: for the sauce, boyle a little white-Wine, some of the Oysters liquor, with a sprigge of Thyme and grated Bread, with a little Salt: it being boyled beat it up thick with a piece of Butter; rub your dish with a clove of Garlike, and dish them with the sauce.

How to make Oysters of Veale.

Slice your Veale into thin slices, but as broad and as long as your

you can cut out of a leg or fillet of Veale, and provide for them grated Bread, Cloves, Nutmeg, Mace beat, sweet Herbs minced, Currans and Sale; mixe all these together with Verjuice and a raw Egg, with a little Sugar, and roul it into the slices of Veale as close as you can, and spit them the convenientest way to keep the meat in, and roast them browne: for the sauce, mixe Verjuice, Sugar, Butter, Cynamon and Ginger, beat it up thick together and dish it with your meat being roasted well.

How to roast a large Eek.

Strip your Eek and garbidge it, and cut it into pieces a handfull long, and spit it on a little spit, because it must be thrust thorow the middle of the sides, and not the ends; have a care of sticking them

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shaking them off the spit before they are roasted; as they roast let a dish stand under to catch the Gravy; put to it a little Vinegar, Salt, Pepper, one Clove, Parmasan or old English Cheese; or a little Botargo grated: the fish being roasted scum off all the fat; then put in a piece of Butter, shaking it well together; put in Salt; and dish it with your Eccles; garnish it with Orange and serve it up hot.

An excellent way to roast

Pigeons or Chickens

PRepare them to trusses; then make a farcing-meat with Marrow or Beef-steak, with the liver of the Fowl minced very small; and mixe with it grated Bread, the yolkes of hard Eggs minced, Mace and Nutmeg beat; the tops of Thyme minced very small,

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small, and Salt: incorporate all these together with hard Eggs and a little Verjuice, then cut the skin off the Fowle betwixt the legs and the body, before it is trussed, and put in your finger to raise the skin from the flesh, but take care you break not the skin; then farce it full with this meat, and trusse the leggs close to keep in the meat; then spit them and roast them, setting a dish under to save the Gravy, which mixe with a little Claret, sliced Nutmeg, a little of that farced meat, and Salt; then give it two or three walms on the fire, and beat it up thick with the yolk of a raw Egg and a piece of Butter, with a little minc'd Lemmon, and serve it up in the dish with the Fowle.

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*How to make a Batter to fry
your garnish with.*

Mix Eggs, flower of Wheat,
Salt, Ginger and Creame
together very well, and dip your
garnish in it, and fry it in a panne
with suet, being rightly temper'd
with heat, as Bay-leaves, sprigges
of Rosemary, Sheeps Tongues
boyled, blanch'd and split, Oy-
sters, or tostes of Manchet, or dip
your fritter-moulds in it, and fry
it; it being fryed, put it off with
your slice, or knife, if you will
have them greene put into the
Batter the juice of Wheat, or
greene Beet, or Spynage, which
is the best; you may season your
Batter according as you please;
you may put in Sugar, Salt, or
any sort of Spice, or you may
alter the colour with Saffron, and
many

refin'd and augmented. 57

many more things, which I will leave to your own fancy.

*How to make a Frikefe of a
loyne of Veale.*

Cut your loyne of Veale into thin steaks, kidney and all the fat, laying the kidney by it selfe to fry; then beat it with your cleavers back as thin as you can, then prepare greene toppes of Thyme, a handfull of Capers, two or three Anchoves, an Onion; mince these together very small, and put to it a sliced Nutmeg, a little beaten Pepper and Salt; then hack a handfull of Sorrell and Parsley together, but do not mince it small; fry your Veale in Butter, as you doe Steakes in a large frying-pan; the Kidney being fryed, drein all the Butter which fryed it out of the pan, and
put

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put to the Veale about a quart of strong Broth or Wine, with the Ingredients which you minced small, and fry it in the pan till half consumed; then put in your Sorrel and Vinegar, frying it a little longer; when you think it is well, put into it a minced Lemmon or two, with halfe a pound of Butter, stir it well together, but let it not boyle lest your Lemmon grow bitter: this being ready, take a large dish, ginger the edge and garnish it with Lemmon, Barberries, and tostes in the bottome of the dish, soaked in strong Broth, and lay the Veale on it with the sauce; garnish it on the top of the Veale with any green fryed garnish, as Sheeps tongues, or Fritter cast in mould, with Orange or Lemmon, or what you think fit; suppit it and serve it up hot to the Table.

How

**How to make a Frikefe
for Chickens.**

Fley your Chickens and draw them, cut them into quarters, or thin slices, with the giblets and liver; beat them well with the back of your cleaver, and fry them brown with Butter; in the interim, provide Sweet Herbs minced, Oxe Palat, Dates, the bottome of two or three Artechokes sliced all together, Mace and Ginger beat, Salt: now your meat being fryed, and the pan clean, put in the Meat with strong Broth, Verjuice, and all the Ingredients prepared, and let it fry till all but a pinte be consumed; then put in half a pound of Butter, Sugar, scalded Gooseberries, a minced Lemmon, shake it well together, put tostes in the dish; being
garni-

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garnished with Bread, rasped and searced, sliced Lemmon, and scalded Lettuce quartered, sippit it and lay Lettuce, scalded Gooseberries, and boyled Asparragus on the meat and serve it up hot.

Another Frikese of Chickens, Pigeons, and Rabbits, &c.

Prepare your meat, and fry it as aforesaid, and put it into the panne with Broth or White-Wine, or Claret, Vinegar, sweet Herbs minted, a little Horle-radish root scraped, a quarter of a pound of Bacon cut into dice-work, and fry a little in a frying-pan by it selfe, halfe a pinte of Oysters with the liquor, or Cockles, Pepper and Nutmeg a convenient quantity (being consumed

refined and augmented. 71

med in the frying-pan) of the Broth, put in halfe a pound of Butter and minced Lemmon, shaking it well together; dish it with rolls, fippit and Lemmon, and serve it up hot.

*How to make a Frikese of Veal
or Lamb, Sweet-breads
and Stones.*

SPlit your Kidneyes and the Stones, and fley off the skinnies from the Stones, hacking them with your knife, fry them as your Fowle in the pan, being prepared the second time, put in the meat with a quart of Wine, a little Vinegar, a handfull or two of Pine-kernels, or three or foure yolks of hard Eggs minced, a little Thyme and sweet Marjerome minced, a sliced Nutmeg; all these being fryed together till a quantity

tity of the liquor be consumed,
 then put to it a handful of pickled
 Purslane, a piece of Butter, Su-
 gar, Salt, and a little Gravy (if
 you have it) shake it well toge-
 ther and dish it with tostes in the
 dish, garnishing it with Lemmon,
 Puff-paste, Lozenges, and some
 of your Greene garnish fried;
 serve up *hot*; you may fry di-
 vers sorts, of *them* the same
 way.

How to fry Oysters.

Straine your liquor from the
 Oysters, wash and scald them
 a little; then dry them and roule
 them in Flowre, or make a Bat-
 ter with Eggs, Flowre and a little
 Creame, with Salt, rouling them
 in it, and fry them in Butter; for
 the sauce, boyle the juice of two
 or three Oranges, some of the
 naturall liquor, a sliced Nutmeg,

Clau-

Claret; it being boyled a little, put in a piece of Butter, beating it up thick, then warme your dish and rub it with a clove of Garlike, and dish your Oysters, garnishing it with sliced Orange, serving it up hot.

Sauce for fried Soles.

There is an excellent Sauce for fried Soles, the Garlike excepted; if you have no Oyster-liquor put in Claret the more; garnish them with Orange and Barberries.

How to fry Turbot.

Cut your fish into thin slices, and hack it with a knife, and it will be ribb'd; then fry it almost Obrowne with Butter, then take it up, dreining all the Butter from it, and the panne
E cleane,

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cleane, then put it into the pan with Claret, sliced Ginger, Nutmeg, one Anchove, Salt, and Saffron beat; fry it till half be consumed, then put in a piece of Butter, shaking it well together with a minced Lemmon, and dish it: garnish it with Lemmon, rub your dish with a clove of Garlike.

How to fry Artichokes.

BOyle and sever all from the Buds, and slice them in the middst and quarter it, dip them in Batter, and fry them in Butter; for the sauce, take Verjuice, Butter, Sugar, with the juice of an Orange: dish your Artichokes with this sauce (being fried brown) and lay boyd marrow on them, garnish it with Orange and serve it up.

To fry Skerroots.

BOyl your Skerroots and peel them: this done, roul them in Batter made with Eggs, Ginger, Cynamon, flower of Wheat, and Salt; if you will have them green, put in juice of Spinage and fry them in Butter very carefully, for they are apt to stick together and burn; if you fry them brown, the same sauce as was in the Artichokes will be good; If Greene, take Verjuice, and Butter, Sugar, a sliced Nutmeg, the yolks of two or three Eggs, with the juice of Spinage beat up thick together, and serve it up with this sauce; garnish it with some pretty cuts of puff-Paste, or other, with Sugar scraped in it.

How to fry Mushromes.

BLanch them, and wash them cleane; if they be large quarter them, and boyle them a little with Water, Salt, Vinegar, sweet Herbs, large Mace, Cloves, Bay-leaves, with two or three cloves of Garlike; then take them up and dry them, and dip them in Batter, and fry them till they are browne: make sauce with Claret for them, the juice of two or three Oranges, Salt, Butter, the juice of Horse-raddish root beat and strained, sliced Nutmeg and Pepper; put these into a frying-pan with the yolks of two or three Eggs, beat and shake them well together for feare it should curdle; dish your Mushromes, the dish being rubb'd with a clove of Garlike; garnish it with Orange or Lemmon.

How

How to fry Beanes.

TAKE Garden Beans and boyl
them tender, blanch and
beat them, with Almonds, boy-
led Pippins, grated Cheese, Su-
gar, Ginger finely beaten, Horse-
raddish and Spinage beat and
strained, a little grated Bread;
mixe all these together with Eggs,
Salt and Creame, with Marrow
finely minced into a gentle Paste,
and make it up into what fashion
you please; stick it full of Pine-
kernells, and fry them with But-
ter; for the sauce, take Ver-
juice, and the juice of Spinage,
the juice of Oranges, a little Mu-
scadine, Sugar, and make them
ready to boyl; then beat the yolks
of Eggs very well and put them
into the sauce, with a piece of But-
ter, and beat it up thick together
till it boyle, take heede it doth

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not curdle; then dish the meat, pouring this sauce on it; scrape Sugar on them and serve it up.

How to make a Tansy.

TAKE a good quantity of Spinage, with a little Tansy, & beat it together, and strain it with Cream, and to every pint of that Creame and juyce put eight eggs, with halfe the whites well beat, with a grated Nutmeg, a little salt and sugar, but not too much sugar, for it will make the Tansy burne; you may put to Violets pickled, and mince a little and a little grated bread, it will make it eate shorter, but it will not look so green; then make your pan hot with a little piece of butter, shaking it round, and poure the Tansy in it: set it on a fire which is not too hot, keeping it with continuall stirring till it be thick: then

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then let it congeale together, and keep the bottome of the pan moist, with putting under it little pieces of butter, shaking it round: and when you think it is fryed enough on that side, after the same manner turne it on a Plate, and fry the other side: then dish it, and squeeze a Lemmon on it with Sugar, and serve it up.

How to fry Clarie.

Take your Clarie and wash it and dry it, then beat some of it, and strain it with egges, cream, a grated nutmeg, rose-water, Musk or Amber-greese, beating it well together: then prepare your frying-pan, let it be hot with butter in it: dip your Clary in this compound, and fry it; you may dip some tosts made of Manchet, and fry them in the same manner, and lay it under the

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Glary in the dish; it being fried, stick it full of Comfets, Pistaches, or any dry preserve sliced thin: scrape Sugar on it and serve it up hot to the Table.

To make Veale Testes.

TAke a kidney of Veal which hath been roasted, and cold, mince it very small, and put to it grated Bread, a sliced Nutmeg, Currans, Salt, Sugar, Almonds, or Pistaches bruised in a mortar, with a little Rose-water, mixe all these together with Eggs, and Creame, as you doe a Pudding, then cut thin tostes of white Bread, and lay this compound on them, and fry them browne with Butter.

How

How to make Fritters.

Make your Batter with good
store of Eggs mixt with Sack,
new Ale, Salt, beaten Ginger, and
a little Cream, beat together
well, then provide Pippins, Mar-
row, or what you intend to
make them of, and cut them in
round pieces as big as a Wal-
nut and put it into the Batter;
you must warme your Sack and
Ale before you put it into the
Eggs, the Fruit or Marrow being
in, let it stand before the fire an
houre or more, to rise, but let
it not stand so hot as to bake:
This being done, provide a Keta-
le or Panne halfe full of tryed
suet, tempered with a good heat
on the fire, but not too hot; if it
be, the Fritter being cast in, the
Suet will boyle over the top, nei-
ther cast in so many at one time,

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for then they will not fry cleare : you must take them out of the Batter with your hand, and disperse them about the pan, lest they stick together : they being fryed, dish them, and strew Sugar on them, and squeeze some Lemon on them. Mix Cynamon with your Sugar, if your Fritters be made with Marrow.

How to make Pancakes.

TAke twenty Eggs, with halfe the whites, and beat them half an houre or more with fine flour of Wheat, Cloves, Mace, and a little Salt, Creame, a little new Ale, or a spoonfull of Yest being warmed, and beat them well together; make it so thin as to run out of your spoon or ladle without any stop: this being done, cover it and set by the fire halfe an houre, or more, stirring it
now

ryns and agnollets 83:

now and then; fry them with a quick fire (but not too hot) with a little Butter; and after you have fried one or two, you may fry them without Butter as well as with it, and will be better, if you love them dry; scrape Sugar on them and serve them up.

If you are loose in the body you may make a Pancake of nothing but Eggs and Cynamon, and Salt bear well together; you may put in some Anniseeds (if you please) it will expel wind, and take away the raw taste of the Eggs, or strow Caraway-comfits on it, being baked.

To fry young Artechokes.

TAke young Artechokes, or Suckers, and pare off all the outside, as you pare Apples, and boyle them tender, then take them up and slit them thro^o the

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the midst, but doe not take out
the coare, but lay the split side
downward on a dry cloth, to
dreine out the water ; then mixe
a little Flower, two or three
yolkes of Eggs, beaten Ginger,
Nutmeg, Verjuice and Salt to the
thicknesse of a Batter, and roule
them well in it, then get a frying-
pan, with Butter, pretty hot, and
fry them in it till they be brown ;
for the Sauce, make a Lear with
yolks of Eggs, Verjuice, or white-
Wine, Cynamon, Ginger, Sugar,
with a great piece of butter, kee-
ping it with stirring upon the fire
till it be thick ; then dish them
on white-Bread Tostes with the
Caudle on them and serve them
up.

Scotch

Scotch Scollops of Veale.

Cut a leg of Veale into very thin slices, and hack them with the back of a cleaver, and draw lard one inch long thorow every piece, or as many of them as you please; then fry them very well in Butter, then make a sauce with a little claret Wine, halfe an Anchove, and a little Mutton or Veale gravy, let it have but one walme on the fire, then rub your dish with a clove of Garlike, and dish the meat with sauce and serve it up hot; garnish it with Lemmon, with some in the sauce, if you please.

How

How to fry Tostes.

TAKE a stale Manchester and cut them in round slices like Tostes, and wet them in Mascadine, then beat ten Eggs very well and fry your Tostes in Butter, then pour halfe the Eggs on the Tostes as they are in the pan, and fry them browne; then turne the Tostes and pour the residue of the Eggs as before, and fry that side; then dish them, and pour Rosewater, Butter, Sugar, and a little grated Nutmeg and Cinnamon, well beat together, on them, and serve them up hot.

How to fry Veale.

CUT a leg of Veale into thin slices, and hack them well with the cleaver, then lay them
in.

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in a dish and season it with Nutmeg, Ginger, Pepper and Salt, then mix six or eight raw yolks of Eggs with it very well together, and let it stand an hour or more, then fry it in the pan with Butter till it be enough, keeping the pieces with turning; then take it up into a dish, and stew it together with a little white-Wine and a Lemmon sliced; and when the dinner is ready, put in a piece of Butter, and shake it well together, and serve it up to the Table with sippits.

Before I will treat upon Bake-meats, I intend a short discourse in making severall sorts of Pastes: And first,

Of Puff-paste.

Take halfe a peck of flower and mixe it with cold Water,

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ter, and one pound of Butter, the whites of nine or ten Eggs, a very little Salt (if any) work these together very well, and stiffe, then roule it out very thin, and put Flower under and over it; then take neare a pound of Butter and lay it in bits all over it, then double it in five or sixe doubles: This being done, roul it out the second time, and serve it as at the first, then roule it out, and cut it out into what forme, or to what use you please; you need not fear the curle, for it will divide as often as you double it, which is ten or twelve times: enough for any use.

Of coole Butter-paste.

VWhich is, to every peck of Flower, five pound of Butter, the whites of sixe Eggs, and worke it well together with cold.

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water; you must bestow a great deale of elboe-grease, and but little water, otherwise you put out the Miller's eyes. This Paste is good onely for Patty-pan and Pasties.

Paste for thin Bake-meats.

THe Paste for your thin bake-meats must be made with boyling liquor, as followeth:

When your liquor (which is water) boyleth, put to every peck of Flower two pound of Butter, but let your Butter boyle in your Liquor first.

Of Custard paste.

LEt it be onely boyling Water without Butter, and likewise all Paste, for Cuts, or Orangada Tarts, or such like, as you shall heare hereafter; you may put Sugar in this last Paste, which will adde to the stiffnesse of it.

For

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For cold Rabe-meat.

Put to every peck of Flower one pound (or something more) of Butter; you may put dissolved Iccin-glasse in this liquor, because it requires strength; Rye-flower is best for this use, with a little wheat amongst it. I would mention many more Pastes, as for all sorts of Bread, as Ordinary bread, French bread, &c. But of this more conveniently.

How to make a Steak-Pie of Mutton.

Make the Pie round and deep, and cut a neck or breast of Mutton in thin steaks, as to fry, and hack it with the back of your cleaver; season it with Pepper, Nutmeg and Salt, and provide

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provide a quantity of sweet Herbs minced very small, a handfull of Capers, one Onion minced, the yolks of three or foure Eggs minced; your Pie being made, lay in your meat, scattering these Ingredients on it; put in Butter and close it, bake it three houres moderately.

Another.

The meat being prepared, as before, season it with Nutmeg and Ginger, and a little large Mace and Salt, one Onion minced, halfe a pound of Currans washed and dried; put in Butter and close it; when it is halfe baked put in halfe a pinte of Clarret, being warmed first; for any cold thing hardeneth the meat; when you draw it, cut the lid in pieces and stick it in the meat round about, and serve it up hot.

You

You may leave out the Onion,
and put in Sugar and Verjuice,
with your Claret.

*How to make a Pie of a
Fillet of Veale.*

Cut your Veale into pieces
no bigger than a Walnut,
season it with Cynamon, Ginger,
Sugar and Salt; shape your Pie
into corners as you please, put in
the meat with Chestnuts cut into
quarters, being roasted, and blan-
ched Dates quartered, the Mar-
row of two bones cut into pieces;
these being mixed together, close
it and let it bake two houres, then
make a caudle with white-Wine,
Sugar, Cynamon and Ginger;
beat up this and poure it thorow
the lid, little holes being made
with your Knife or a Scuer.

Another way.

IF it be in Summer, abate the Nuts and put in quarters of hard Lettuce scalded, and when it is drawne, lay on it scalded Gooseberries, or Grapes, the lid being cut up, and some boyled Marrow on the meat.

How to bake a Loyn of Veale.

BOne your Veale and season it with Pepper, Mace, Nutmeg and Salt; lay it into a square Pie as whole as you can, put a little white-Wine in it, being half baked; if you love it sweet, put Sugar into the white-Wine or Verjuice; when you put it in shake it well together, that it incorporate: This is good either cold or hot.

Another

Another way.

If you eat it hot with Sugar, and in Gooseberry-season, put scalded Gooseberries in it, the lid being cut up, this requireth foure houres baking moderately.

How to make a Lamb-Pie.

Cut your Lamb into Steakes, Kidney and all the fat with it, season it with Nutmeg, Mace, a little Pepper and Salt; the Pie being made, and the meat in, put with it halfe a pound of Currans, with Prunes, lay Butter on it and let it bake three houres; a corner'd Pie is best for this; when it is baked, make a Caudle with a pint of white-Wine, or Verjuice, the yolks of five or six Eggs, Sugar, and a quarter of a pound

rested and augmented. 95

pound of Butter, beat up all
these continually on the fire, in a
dish, till they boyle. The Pie
being baked, cut up the lid and
put in this Cuddle, shaking it well
together, and serve it up hot. It is
good cold, but then leave out the
Butter in the Cuddle.

It will be very good seasoned
with Nutmeg, Ginger, Pepper
and Salt, without the Cuddle, to
eat hot or cold; you must not for-
get to put Butter to all your Pies
when you close them, to pre-
vent drying in the Oven; the
hind quarter is best for this
use.

How to make a Tongue Pie.

Take the Tongue, after it is
boyled or roasted, and udd-
er, if you have any, either roast
or boyled, slice them into thin
slices, and season it with Cyn-
mon,

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mon, Ginger and Salt; then take halfe a pound of raisons Solis stoned; your Pie being raised, lay in it a laying of Tongue and Udder, and another of Raisons, till your Pye is full; put some Butter and close it; one houre and an halfe will bake it; it being almost baked, make a Caudle of Eggs, Vinegar and white Wine, Sugar and Butter, beat up together till it boyle; dish your Pie, and pour in the Caudle, and serve it up hot or cold.

How to make a Chicken Pie.

DRes the least Chickens you can get; they being cleansed, cut your Chickens leggs off and trusse them as you fancy, so make your Pie, season your Chickens and the Appurtenances, lay the fowl on their backs, with the giblets intermixed, being seasoned

ned with Mace, Nutmeg, Salt,
and Ginger; the Mace will be
best not beat, but large, and lay it
on the top of the Chickens, halfe
a pound of Dates quartered, and
Pistaches blanched, with a good
quantity of Butter: close your
Pie, and let it bake two houres:
then make the same Caudle as to
the Lamb-pie, onely adde a Lem-
mon sliced in it. It being baked,
put in this Caudle, and lay the
sliced Lemmon on the top of the
Chickens, lay on the lid, shake it
well together, and serve it up hot,
Sugar being scraped on it.

Another way.

IF it be in Summer, instead of
Dates and Lemmon, put in
scalded Goose-berries or Grapes,
with Asparagus boiled, or cabbag-
ged Lettuce scalded. These must
be put in when the Pie is baked.

F

You

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You may make your Caudle green with Spinage, being beat and strained into it. It is good hot or cold.

How to make a Paris Pie.

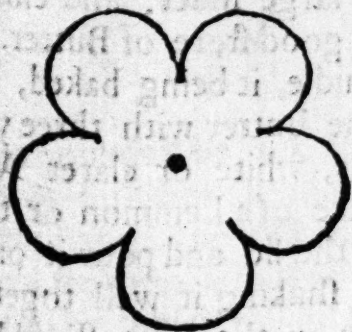
Take good large Chickens & quarter them, or very small Chickens whole with the giblets: raise your Pie round, and prepare to mix with the Chickens a handfull of Cockles, or two Oxe-palats blanch'd and sliced, nine or ten yolks of egges, some minced and in halves, Pine-kernels blanch'd, the marrow of two bones cut into gobs, a little sliced Mush-rome, if you have any, pickled: Season all these together with Salt, Ginger, Nutmeg, Mace, and a very little Pepper: your Pye being made and filled, put in a good quantity of Butter, and close it: It will require two hours baking;

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baking; it being almost baked,
put in a little white-Wine or
Verjuice, or some of the liquor
which stewed your Oysters, if you
doe stew any, beat it up with a
piece of butter, and serve it up
hot.

*A Pie answerable to the
grand boyled Meat.*

I Will give you the Moddle of
it hereafter: First, for that in
the middle must be round with
five Scollops: As for example,



Provide Cocks stones and combs,

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or Lambs stones, & sweet-breads, if they be young the sweet-breads of Veale a little set in hot water, and cut into pieces, two or three Oxe Palates blanched and sliced, halfe a pinte of Oysters, Dates sliced, a handfull of Pine kernels, a little quantity of Broom buds pickled, some fine interlarded Bacon, fat and leane, sliced, let it not be rusty; scald it to take away the rank taste; nine or tenne Chestnuts roasted and blanched; season all these together with Salt, Nutmeg, and a good quantity of large Mace, and close it, having good store of Butter. For the Caudle, it being baked, beat up some Butter with three yolks of Eggs, white or claret Wine, the juice of a Lemmon or two; cut up the lid and pour it on the meat, shaking it well together; and lay on the meat sliced Lemmon and pickled Barberries, then
cover

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cover it againe. Let it not boyle
in the Oven after the Caudle be
in, lest it taste bitter with the
Lemmon: Let these Ingredients
be put into the Moddle above.

*Ten other Pies belonging
to the first.*

I Will shew you a Moddle of
one of the five which must be
of one fashion, as followeth; and
the last cut in the due place:



But you must be sure to make the
three fashions proportionable,
answering one the other; you
may set them all on one bottome
of paste, which will be more con-
venient; or if you set them seve-
rall,

rall, you may bake the middle one full of Flower; it being baked, and cold, take out the Flower in the bottome and put in live Birds, or a Snake, which will seeme strange to the beholders, which cut the Pye, at the table: This is onely for a Wedding, to passe away time. Now for what you shall put in the other ten; and first for the middle five, as followeth.

1 An Oyster-Pie.

YOU may put Oysters in one; scald your Oysters, plucking off the beards, and dry them; season them with large Mace and Pepper, with a little beaten Ginger and Salt, with Marrow and Butter, and close it: it being baked, make a Leare with white-Wine, the Oyster-liquor, three or foure Oysters bruised to pieces

refined and augmented. 103

to make it stronger; but take out the pieces; one Onion, or rub the Ladle with Garlike you beat it up withall; it being boyled, put in a large piece of Butter, with a minced Lemmon; sweet Herbes will be good boyled in it, bound up fast together: cut up the lid, or make holes to let in this Leare, and serve it up.

2. A Praune-Pie.

FOr the second, put in Praunes and Cockles, being seasoned as the first, but no Marrow: Put in some pickled Mushromes (if you have them) sliced: it being baked, beat up a piece of Butter, a little Vinegar, a sliced Nutmeg, and the juice of two or three Oranges, thick, and pour it into the Pye.

3. *A Bird Pie.*

FOr the third Pie of young Birds, or Larks.

Take young Birds, or Larks, pull'd and drawne, and a farce meat to put in the bellies, as followeth: Grated Bread, sweet Herbs minced very small, Beefe-suet or Marrow minced, Almonds beat with a little Creame, lest they oyle, a little grated Parmasan or old Cheese; season this farce meat with Ginger, Nutmeg and Salt, mixe them together with Cream and Eggs, like a Pudding, and stuffe the Larks with it; season the Larks with Nutmeg, a little Pepper and Salt, lay them in the Pie with good store of Butter, and scatter between them Pine kernells, yolks of Eggs, and sweet Herbs, the Herbs and Eggs being minced very

ry small; it being baked, make a
Leare with the juice of an Orange
or two, and Butter beat up thick
together, and shake it well toge-
ther.

4. An Artechoke Pie.

DOyle your Art-choke, and
Take onely the bottomes
for the Pie, cut them into quar-
ters or lesse; season them with
Nutmeg, Ginger, a little Salt and
Sugar; put them into the Pie with
good store of Marrow, Dates fir-
ced or quartered, and close them;
it being baked, make a leare with
Verjuice, or a little Vinegar and
white-Wine, a good piece of
Butter, a little Cynamon, Sugar,
and Ginger beat very small; it
being bak'd, make holes in the lid
to pour it in.

Es

s of

5. *Of Cabbage-Lettuce.*

Cut off all but the hard Cabbage from the Lettuce, and quarter them, wash them and scald them; then dreine out all the water and mixe them with sliced Dates, Marrow, Raisons of the Sun stoned, and greene Grapes; season them with Cynamon, Ginger, Sugar and Salt; lay them as lightly in the Pie as you can; it being baked, mixe a little Butter, Verjuice and Sugar, and cut up the lid, raising up the meat, and fill it up with this Leare, laying on the top the yolks of Birds Eggs boyled hard, boyled Marrow, scalded Grapes, Gooseberries, or pickled Barberies.

Let these Receipts serve for so many Pies, being made at any time severally; in case you have not

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not convenience, you may add or diminish as you think fit.

For the last five, which must be minced meat, make after this fashion, and fill them as followeth.



Five minced Pies.

BOyl twenty Eggs, and mince them very small, being blanched with twice the weight of Beef-Suet, half a pound of Dates; these being minced very small, put to them a good quantity of Raisons and Currans washed and dried; season them with Nutmeg, Cloves and Mace beat, Sugar, Salt and Rosewater, close them.

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them and bake them; every one of them should have a tuft of paste jagged on the top: all these Pies will not require above two houres baking in a moderate Oven; they being baked, joyne them together as you see your patterne, and serve them upon one plate.

*To make a Pie of the Kidney of
a Loyne of Veale be-
ing roasted.*

TAKE your Kidney of Veale being roasted & cold minc'd with the fat, a quarter of a pound of Dates being stoned & minc'd very small; then mince Thyme, sweet Marjerum, a little Rosemary and Parsly: Season these with Nutmeg, Mace, Sugar, Salt and Currants: grate some bread and put with it. Mix all these together

gether with egges and verjuyce, and rowle them in balls as big as egges: raise your Pie round, but not very deep, then fill it with those balls and close it. It will require two houres baking. Then cut up the lid, having a Caudle made of the yolks of egges, verjuyce, the juyce of a handfull of Spinage strained, a piece of butter being made sweet with sugar: Set this on the fire, and beat it up thick together till it boyleth; then fill up the Pie, cover it and set it in the Oven againe for a quarter of an houre to drink up the Caudle, and then fill it up againe and serve it up. It will serve for a Second-course dish.

To make a Potatoe Pie.

BOyle your Potatoes tender: And blanch them; slice them, but not very thin, and mix with them

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them some apple pared and sliced: season them with Cynamon, Ginger, Sugar & Salt. Your Pie being made, put in these meats with good store of marrow on the top, being cut into lumps as big as a wallnut: poure a little verjuyce on the Pye and close it; it being baked put to it verjuyce, sugar, butter, cynamon and ginger, beat up thick together, cut up the lid, and fill it with leare, raising it up with the knife to let in the liquor. You must put in Butter when you close up the Pie to bake it, otherwise it will burn in the oven, they being of a very dry substance. Lesse then two houres will bake it. Scrape Sugar on it, and serve it up hot.

A Lady thistle Pie.

In the same manner you may make a Thistle-pie; onely adde
some

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some Dates sliced : your Thistles must be cut as for a Sallet, and scalded, dryed and cold, otherwise it will pull down the side of the pye. As all these kinds of pyes must be thin crust, the same quantity of baking will serve. You may put in scalded Gooseberries, it being baked. (if you please.)

How to make a Pig. pie.

Flea your Pig, and bone it, & cut it into quarters ; Season it with Nutmeg, Salt, and a very little Pepper ; and you may lard it if you please. Your round Pie & deep will be best ; for this put in good store of Butter, and bake it foure houres, and serve it up hot.

How to make a Carpe. pie.

If your Carpe be new, when you garbidge it, wash the blood into a vessell with Claret,

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ret, and keepe it. Your Carpe must be scaled; then scotch it athwart to let in the seasoning; season it with Nutmeg, Ginger, a little whole Pepper, with Salt: make the Pie as neare the forme of your Fish as you can; put in good store of Butter and bake it: it being baked, provide some boyled Pruanes strained with the blood, and Claret, boyling it a little; then beat it up thick with yolks of Eggs, and pour it in, shaking it very well, and dish it. It will require three houres baking.

Another way.

Scale, garbidge, wash and dry your Carp very well; then provide Lard or Bacon, and lard it very well, season it as before: make a Pudding for it with grated Bread, sweet Herbs, and a little

little Bacon, the yolks of hard Eggs, one Anchove minced very small, with Beefe-suet, or Marrow, Nutmeg and Salt: fill the belly full of it and sew it up close, and put it into the Paste, laying some of that Pudding in round balls on either side, and scatter on it a little handfull of Capers, as many Praunes or Cockles, yolks of Eggs minced, with good store of Butter in it, and close it. It being baked, cut up the lid and stick it full of cuts of Paste, Lozenges, and other pretty garnish; fill it full of Butter and serve it up hot.

You may split your fish, and lay that Pudding which you put in the belly about it, and bake it in a Patty-pan with better Past than that which you make your Pies with, which is cold Butter-paste. This is a very good way for a Tench or Bream.

How

How to make a Bacon-Tart.

TAKE your new Lard, or fat Bacon, the freshest you can get; if it be not fresh, water it two or three dayes, if your time will serve, or cut it fit for the Tart(as followeth)and it will water the sooner; cut it into pieces an inch long, then cut it into squares no bigger than your smallest Lard; five or sixe hours watering will serve this: then dreine it in a cloth very dry, and mixe it with as much green dried Cittron of the same cut; beat as many sweet Almonds very small with Rose water, mixe them with good store of Sugar, and a little beaten Ginger, with seven or eight drops of Oyle, or spirit of Vitrioll, or spirit of Salt-Peter; if you have none of these, put in Runnet, such as you turne Milke with,

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with : these being well minced together, make a round Tart, as shallow as possible, and lay this Composition in it, sticking it with Cittron (on the meat) to make it look of a green colour: then lid it, or you may make it in a Patty-pan, which will be the better way; it will require one houres baking: it being baked, stick the lid full of sliced Cittron, strow in some small perfumed Carraway-comfets, or ice it with Rose-water and Sugar: it will eat well hot or cold, but best cold. Mixe with this Tart some Eggs, but not too many, and Musk, and Amber-greece, if you please.

A Spinage Tart.

IF you have never a low Patty-pan, set your Tart with works about an inch high, or lesse: then provide a good quantity of Spi-
nage

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nage and beat it very well, strain it : then beat Almonds with rose-water very small and mix with it, if you have no Almonds, Nut-kernels or flower of Rice, but put not in too much : put into every pint of this composition six eggs, with halfe the whites, two grains of Muske or Amber-greece well rubbed and dissolved : All these being well beat together, set it by till your Tart coffin be a little hardned in the oven ; then fill it as a Custard, but if you bake it in a patty-pan (which is best) then make your paste of cold butter & water, as you shall see in your Chapter of cold Butter-paste. It being fitted to the pan, put in your Tart stuffe, and let it bake in a very gentle oven uncovered: have a care of burning, but that it may look very green being baked : then set it on a plate, and stick it full of small Comfits, or
 Sprigs

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sprigs of preserved Barberries, or
Orengado sliced, or any other
Sweet-meat you can spare.

To make Cheese-cakes.

LEt your PASTE be very good,
either puffed-PASTE, or cold
Butter-PASTE, with Sugar mixed
with it; then your Cheese-curds
being dried very well, the Whey
from them; they must be made
of new Milke, or better; then
beat them very well in a mortar,
or tray, with a quarter of a pound
of Butter to every pottle of
Curds; a good quantity of Rose-
water, three graines of Amber-
griee, or Musk prepared, the
crummes of a small Manchet
rubbed thorow a cullender, the
yolks of ten Eggs, a grated Nut-
meg, a little Salt, good store of
Sugar. Mixe all these well toge-
ther with a little Creame, but do
not

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not make them too soft : instead of Bread you may take Almonds (if you will goe to the cost) which are much better. I need not relate the fashion, they are so various, and also easie ; bake them in a quick Oven, but let them not stand too long in, lest they should be too dry.

How to make an Almond-Tart.

BLanch your Almonds, and beat them in a Marble mortar, with Rose-water, to prevent oyling : mixe them with halfe the weight in Sugar, a quarter the weight in Pine-kernells, or Pistaches, being blanch'd, Ambergreece, or Musk prepared, a small quantity of white-bread crummes finely searced, yolks of Eggs, with halfe the whites, some Preserves, as Cittron, Orange or Lemmon minced. Mixe all these
well

well together, either with Almond-Milk, or raw Creame, and put them into Paste, as your Spinage-Tart, and be sure you doe not bake it too much, nor in too hot an oven: This is best in a Patty-pan, without any cover of Paste; but when it is baked, stick it with Preserves and Carraway-comfets, and serve it up with cuts of Paste.

How to make a Clarie Pye.

TAKE two handfull of Clary, wash it and cut it reasonable small, beat it together with eight whites of egges, and halfe yolks, and put it into a frying-pan with a good piece of butter, sweeten it, stirring it well together as it fryeth; let it not fry too long, and have a care of burning: then take a handfull or two of Spinage boyled very tender, presse out the
water

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water very cleane, and mince it small; then take two or three Potatoes boiled and sliced, and Marrow minced: Season all these together with Nutmeg, mace, salt, sugar, verjuyce, and Lemmon minced being pared. Your pie being raised, put in these ingredients, and lay the marrow of two or three bones on the top as whole as you can: close it, and bake it in a soft oven an houre and an halfe, then make a Caudle with yolks of Egges, Cynamon, Verjuyce, and a piece of Butter, Sugar, and a sliced Lemmon, if you have it. Beat it well together till it boyleth. The pie baked, put it in a dish, scrape sugar on it, and serve it up.

How

*How to make a Custard
without Eggs.*

IF you make it in Paste, set it in Works and dry it in the Oven, then beat the spawn of a Pike in a Morter, and straine it with Creame, season it with Sugar, Rosewater, a grated Nutmeg, and a little Mace: beat it well together; then fill your Paste and bake it, strowing Comfets on it when it is dished, and serve it up.

How to make a White pot.

Cut a Manchet in thin slices, like Lozanges, halfe a pound of Raisons Solis stoned, the Marrow of two bones cut in slices; then lay all these in a dish, a laying of Bread, with Raisons on't, the Marrow on the Raisons, & so

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on

on the other till your dish be almost full; then take a pinte of Creame and boyle it, with a Nutmeg quartered, five or six blades of large Mace; it being boyled, beat it up pretty thick with yolks of egges; fix egges will serve: put in a graine of rubid Musk, with good store of Sugar, and a little Rosewater, stirring it well together, poure it on the ingredients which you dished, & bake it in the oven, or in a skellet of boyling water, being covered with another dish. Have a care of baking it too much, lest it whey. Scrape Sagar on it, and serve it up hot.

How to make little Pasties to serve up six in a dish.

Make your paste of cold water and butter as you are directed; then rowle it out thin

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thin in severall sheets, and lay on every one Potato, Quince, and Artechoke boyled, and sliced thin with marrow, seasoned with salt, cinamon, ginger, and sugar. These being laid in together, lay on it five or six stewed or preserved plumbs, or damsons, or any other plumb so it be not too big; if it be, split it in twain: then close your Pasties very well, and jagge the egges with your iron; lay them on white paper, and bake them an houre, then provide a Caudle with yolks of egges, verjuyce, butter and sugar, beat up together till it boyleth: Then cut up the lids, and put in the Caudle, and serve it up hot, scraping Sugar on it.

How to make an Apricock tart.

First, be sure your Apricocks be so tender at the stone as you may thrust a pinne thorow them, then scald them and scrape the out side off, putting them into the water as you doe them, till you have raised your Tart, then dry them and fill your Tart with them, strowing good store of fine Sugar on the top; lid it and bake it an hour, sugar it, and serve it up.

*How to make a Gooseberry-
Tart Greene.*

YOur Tart being raised, fill it with Gooseberries, and Sugar on the top, then cut your lid with Works, before you lay it on; then close it and bake it with a quick Oven: lesse than an houre will do it.

Recept A Codling-Tart.

YOU may bake Codlings after the same manner, onely you must scald them, letting them stand an houre in the same water which scalded them, being covered, which will turne them very green; then put them whole (or in quarters) with Sugar and a little Musk, cover them with a cut lid, as you doe your Gooseberries, when it is baked: if you please you may boyle up a quart of Creame, with yolks of Eggs, Sugar and Musk: cut up the lid and pour that on the Codlings, setting it in the Oven againe for the space of half an houre, or less; then dish it, scrape Sugar on it, the cover being laid on it, or another handsome cut lid being dried on a paper in the Oven.

*How to make a made dish
of Puff-paste.*

MAke your Puff-paste as in your Chapter of Puff-paste you are directed; then lay it on a pewter dish, it being flowered, and prepare wardens, peares or pippins, boyl'd with Rose-water, Sugar, Musk, or Ambergreefe, Orange pill, or preserved Oranges minced, with Pine-kernels stuck in it, being laid on the paste in a dish round on a heap, and cover it with Puff-paste; or you may put the same meats as prescribed for the little Pasties, with the more Marrow, and the exemption of the Caudle. I could set downe many more, but they are so numerous and common, they will be tedious to the Reader, since my intention is onely a *memorandum* to bring you into the

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the practice of the diversity of Diets. You must bake your Puff-paste with a quick oven, or it will not rise well, but have a care of too much colouring. Scrape Sugar on it, and serve it up in the same dish, with a crosse cut of Paste on it.

I intend a short progresse in the ordering of cold Bake-meats, and first

A Red-deere Pye.

BONE your Venison; and if it be the side, skin it, and beat it with an Iron pestel, but not too small: then lay it in meere sauce, which is Claret and Wine-vinegar: put it in some close thing, letting it lye two daies and nights if in the Winter, otherwise not so long; then drayne and dry it very well; it being leane, lard it

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with

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with fat Bacon or Lard: cut your Lard as big as a Finger, and as long; season it very high with Nutmeg, Mace, Ginger, Pepper and Salt, shaking it well into the Mace: make your Pie with Rye-paste, deepe, round, and very thick, laying Bay-leaves in the bottome and top; then lid it close with a funnell on the top. This will require but a little Butter to bake it, onely when it is baked and cold, if you will keep it long let out the Gravie, and fill it with Butter, as clear from Buttermilk as possible, otherwise it will sowre and mould: it being filled and cold, stop the funnell close, and it will keep three moneths very well; you may bake it in a pot in stead of paste, and it will keep longer and better, and lesse Butter will fill it up.

How

*How to make a Pie of a
Leg of Pork.*

Fley and bone your Pork, beat it up very small, and lay it in pickle, as your Venison, then season it with Ginger, Cynamon, Nutmeg, Cloves, Mace, Pepper and Salt, very high, and make it up in the same manner as your Venison: Either of these Bake-meats will require nine houres baking, you must wash them over with yolks of Eggs and Wheat-flower beat together, with a little Saffron, to give it the better colour (if you please) before it go into the Oven.

How to make a Pig-pie.

Fley & bone your Pig, & beat it very small, season it with Nutmeg, Ginger, a little Pepper
G 5, and

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and salt rubb'd well in it: let your Pie be round, and deep; for the lesser compasse your round bake-meats are, and deeper the better. Let this be made of good wheat flowre, and put good store of butter in the baking.

A Hare is excellent meat dressed in the same manner. These will require five houres baking.

How to make a Lampre-Pie.

GArbidge your Lampre, and take out the black blood which is like a string in the back; slit the back and it will pluck out: then season it with Nutmeg, Pepper, and Salt: let your Pye be round; then rowle your Lampre as your Pye; lay two or three whole Onyons in the middle, good store of butter, with two or three Bay-leaves. Bake it foure houres,

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houres, fill it up with butter, and keep it for your use.

A Salmon Pye.

SEASON your Salmon & Trout with the same seasoning; only a little Ginger added. These Pies must either be long or square, and not so deep, for your Salmon baketh best split. Throw on the backs the Gills taken out, and the skinnie side downward. This requires great store of butter to bake it.

Instructions for severall

Bake meats.

THERE is a Fish taken in *Westmoreland*, which is admirable baked; it is called a *CHAR*. They are as red as a Salmon, but little bigger then a Herring.

There are many sorts of cold baked.

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baked meats, which I will not mention; the seasoning differing not much from those I named, onely something in the ordering, as Pea, Partidge, Pheasants or Turkey, which require lard and deep seasoning, with store of Butter. Woodcocks, Snipes, and the like, are so usuall, I not mention, onely lay them close with the breast downward, they will bake the moister, or make use of the head (being the best meat) and stick the beake upon the Piclid.

How to make an Olave pie.

SLice the flesh of a leg of Veal into thin slices the breadth of foure fingers, and hack them with the back of a cleaver; then take six ounces of Beefe-suet minced small, then take Thyme, Sweet-marjerome, Winter-savory and Capers; mince them small
and

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and season it with Mace, Cloves, Nutmeg, Cynamon, Pepper and Salt; then take a quart of great Oysters, drein them from the liquor and roul them in the ingredients, and take the slices of Veal and roule them up with the ingredients in them, with two Oysters in either of the Olaves; then lay them into the Pie with good store of Butter over and under; but before you butter the top, lay in five or six hard yolks of Eggs, some bits of Bacon and Sausage made up into balls, with sliced Lemmon: the rest of the Oysters and Ingredients on the top of the Pie; then lid it and let it bake; and when the Pie is halfe baked, put in a quarter of a pinte of Claret wine and let it bake; then make a Lear or Sauce for it with Claret wine, one Onion or two, the liquor of Oysters, 2 Anchoves, letting it boyl a little: take out the
Oni-

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Onions, and beat it up with the juice of a Lemmon and Butter; when it is baked put in this Leare; shake it well together and serve it up hot to the Table.

How to make butter'd Loaves.

TAKE ten Eggs, and foure of the whites, one spoonfull of Ale-yest, and foure spoonfulls of Creame: beat all these together, and let them stand halfe an hour; then take as much Wheat flower as it will wet, and make it up into a Paste and wrap it up warm in a cloth, and lay it to the fire to rise a quarter of an houre; and when the Oven is ready, make them up into Loaves as big as your fist, prick them on the top, and cut them round with a knife, set them on papers and put them into the Oven for halfe an houre; then.

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then take one pound of sweet Butter, three or four Spoonfuls of Rosewater, and as much Sugar as will sweeten it, beating it well together; then cut your Loaves up and butter them with it, and serve them up hot.

*How to make Cheesecakes
without Milke.*

TAke fixe Eggs, three whites of them beaten very well; then take a pinte of Creame and boyle it with Mace; then take it off the fire and put in the Eggs: stir them well together and set it on the fire to boyle againe, and let it boyle till you see it is curds; then take it off & put to it a good quantity of Sugar, some Nutmeg and Mace beaten; then dissolve Musk and Ambergriee in Rosewater, and put to it three or four Spoonfuls of grated bread, with

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a quarter of a pound of Almonds beaten small; and (if you thinke it to thick) put to it a little Cream and Currans (if you please) then make Coffins for them with Flower, Butter, Sugar and Cream; put in the Meat and bake them in a slow Oven one quarter of an houre.

How to make an Oxe Palate pie.

BOyle the Palates tender, and Blanch them as you doe Neates tongues, and lay them in their owne liquor without Salt; then take them out and cut them in pieces; and put to them Sweet-breads of Veale or Lamb; squab Pigeons full of Marrow, Lambs stones, Cocks combs and stones, Pine-kernels, Chesnuts, Oysters and some small Capers,

Capers, with a good quantity of Marrow, with balls of farced meat minced very small, seasoned with Nutmeg, Ginger, Pepper, Salt, a small quantity of Cloves and Mace, and Lemmonds, or Gooseberries, or Grapes (if you can) and put them to baking in a Pie with Butter: a sauce for it with halfe a pinte of Gravie of Mutton, or more, the yolks of four raw Eggs, some White wine, one or two Anchoves, a little Grape, Verjuice, or juice of Lemmon: it being baked, cut it up and take out the fat, and put in this Leare: stir it about and let it in the Oven againe, or rather put it not in till you are ready to serve it up; and then remember to let it be ready to boyle, in a dish or pipkin, with continuall stirring, and a good piece of Butter beat with it.

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How to make a Rice-pudding baked.

BOyle the Rice tender with Milke, and season it with Nutmeg or Mace, Rosewater, Sugar, yolks of Eggs, with half the whites, with grated Bread, and Marrow minced, with Ambergriece (if you please) temper them well together, and bake it in a dish buttered.

How to make Bread-puddings.

TAKE Cream and boyl it with Mace; then take Almonds and beat them small, with Rosewater, and mixe them with Eggs well beaten, and straine all into as much bread as you thinke fit, with sliced Nutmeg, Marrow, Suet and Currans, and fill the guts.

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*How to make French Bar-
ly puddings.*

BOyle the Barly; and put to
one pinte of Barly, halfe a
Manchet grated; then beat a
great quantity of Almonds and
straine them with Creame; then
take eight Eggs, halfe the whites,
and beat them with Rosewater,
and season it with Nutmeg, Mace,
and Salt, with Marrow; or if
fuet, mince it and mixe it well to-
gether, and fill the guts.

To make Haggus puddings.

TAke a Calves Chaldron, be-
ing well scoured and par-
boyled, and the kernels taken
out, and when it is cold mince it
very small; then take four or five
Eggs, and leave out halfe the
whites, and take thick Creame,
grated.

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grated Bread, Sugar, Nutmeg, Salt Currans and Rosewater, and (if you will) Sweet-majerome, Thyme and Parsley; mix it well together: then having a Sheeps Maw ready dressed, put it in, and boyle it a little: remember Suet or Marrow.

A boyled Pudding.

BEat the yolks of three Eggs with Rosewater, a quarter of a pint of Creame, and warme it with a piece of Butter as big as two walnuts: when it is melted, mix the Eggs and that together; season it with Nutmeg, Sugar and Salt, and put in as much grated Bread as will make it as thick as Batter, and as much Flower as will lie on a shilling: when your water boyls tie it fast in a double cloth, or bag, and boyl it: serve it up with Butter, Verjuice and Sugar.

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An Oatmeal-Pudding.

TAke the biggest Oatmeal, and mince what Herbs you like best, and mixe with it; then season it with Salt and Pepper, and tie it straight in a bag, and when it is boyled butter it.

Another Oatmeale Pudding.

Binde up in a bagge the great Oatmeale, and boyle it in Beefe-broth tender, then boyle Creame, with large Mace and slic'd Nutmeg, then take it off the fire and slice a manchets very thin into the Cream, take eight Eggs to a quart of Creame, but halfe the whites; and mixe with it as much Oatmeale, which was boyled, as you think fit, and thick enough, a good deal of Beef-suet,
Rose-

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Rosewater, Salt and Sugar; stir them well together, and butter a dish and put it in and bake it.

*To make a hasty Pudding
in a Bagge.*

BOyle a pinte of thick Cream with sixe spoonfuls of Flower, and season it with Nutmeg, Sugar and Salt; wet the bag and turne it, and flower it; then pour in the Creame (being hot) into the bag; and it being boyled, dish it and butter it as a hasty Pudding; if it be well made it will be so good as a Custard.

To make a shaking Pudding.

TAke a pinte of Cream, boyl it with large Mace, sliced Nutmeg and Ginger; then put in a few Almonds, blanched and beat

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beat with Rosewater; then beat
foure Eggs with halfe the whites,
and beat them with Rosewater,
then strain them all together, then
put to it sliced Ginger, Sugar,
grated Bread and Salt, then but-
ter a cloth and flower it, and tie
it hard, and put it in boyling wa-
ter (as you must do all Puddings)
then serve it up with Verjuice,
Butter and Sugar.

To make Puddings of Wine.

SLice the crumbs of two Man-
schets, halfe a pinte of Wine,
as much Sugar as you think fit;
the Wine must be scalded; then
take eight Eggs and beat them
with Rosewater; then put sliced
Dates, Marrow and Nutmeg, and
mixe them well together, and fill
the guts to boyle.

Bread

Bread-puddings.

TAKE Cream and boyl it with Mace, then mixe beat Almonds with Rosewater, then take the Creame and Eggs, Nutmeg, Currans, Salt and Marrow, and mixe them with as much bread as you thinke fit, and fill the guts.

To make French-barly-puddings.

BOYLE the Barly in three waters, and to a pinte of Barly, halfe a Manchet grated, a good quantity of Almonds beat, eight Eggs, halfe the whites, Rosewater, grated Nutmeg, Sugar and Salt, and Marrow, mince all these together with Cream, and fill the guts, or I think it will do well in a bag.

An Oatmeale-pudding.

STeep great Oatmeal in Milke
a night, and pour it thorow a
cullender, and season it with Pen-
neriall, Saffron, Sugar, Nutmeg,
Rosewater and Salt, then mixe it
well with Eggs, and flower the
bag and boyle it; when it is boy-
led, butter it and serve it up.

A Pudding baked.

TAke a pinte of Cream, warm
it and put the quantity of
two penniworth of Dates min-
ced, foure Egges, Marrow and
Rosewater, one Nutmeg grated,
or beaten Mace and Salt; butter
the dish and put it in, if you will
lay Puff-paste on it you may
scrape Sugar on it, but if it be
Puff-paste put Sugar in it.

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Ano-

Another boyled.

TAKE Flower, Sugar, Nutmeg, Salt & Water; mix them together with a spoonfull of Gum-dragon, being steeped all night in Rosewater, and strained; then put in Suet or Marrow, and put it to boyle in a bag.

White puddings?

TAKE of great Oatmeal three pintes clean picked, steep it in Milk three or foure houres; then dreine the Milk from it, and let it lye a night in warm Water; then dreine it from the Water, and put to it two pound of Beef-suet minced, eight or ten Eggs, with halfe their whites, a quarter of an ounce of Nutmegs, as much Sugar, a little Mace, a quart of Cream, a little Salt: mixe them well together and fill them into guts, being clean.

Rice-

Rice-puddings.

BOyle your Rice in Water once, and Milk after, and last in thick Cream; then take sixe Eggs, grated Bread, good store of Marrow minced small, some Nutmeg, Sugar and Salt, and put them into pipkins and boyl them for eating; you may exempt the boyling in Milk, and Rosewater will do well in them.

Puddings of Swine-lights.

PArboyl the Lights, and mince them very small with Suet, and mixe it with grated Bread, Cream, Currans, Eggs, Nutmeg, Salt and Rosewater, and fill them in skins.

Other Puddings.

TAKE a pinte and a halfe of Creame, one pound of Butter, and set them on the fire till the Butter be melted, then take grated Bread, three or four Eggs; season it with Nutmeg, Rosewater, Sugar, and make it as thin as a Pancake batter, then butter the dish and bake it in it, with a garnish of Paste about it.

To make Black puddings.

First take halfe the Oatmeale and pick it, beat it a very little, then take the blood when it is warme from the Hog, and striane it, put in the Oatmeale as soon as you can, and let it stand all night; then take the other part of the Oatmeale, pick it cleane and boyl it in Milk till it be tender, and all the milk consumed; then put it
to

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to the blood and stir it well together, and put in good store of Beefe or Hogs suet, and season it with good Pudding-herbs, Salt, Pepper and Fennel-seed, and boyl them, but do not fill the guts too full.

To make a Pudding.

TAKE more than a pinte of Cream, and boyl in it a Manchet, and rub it thorow a cullender, and season it with Nutmeg, Salt, Sugar and Rosewater, with Suet small minced: butter a dish and bake it.

To make a posset.

TAKE a quart of new Cream, a quarter of an ounce of Cinnamon, Nutmeg quartered, and boyl it till it taste of the spice, and keep it alwayes stirring, or it will burn to; then take the yolks of 7 Eggs beaten well together with a

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little cold Creame; then put that into the other Creame that is on the fire, and stir it till it begin to boyle; then take it off and sweeten it with Sugar, and stir on till it be indifferent coole; then take somewhat more than a quarter of a pinte of Sack (half a pinte will be too much) sweeten that also, and set it on the fire till it be ready to boyle; then put it in a convenient vessel, and pour your Creame into it, elevating your hand to make it froath, which is the grace of your Posset; and if you put it thorow a tunnell, it is held the more exquisite way.

To make Barley Creame.

TAKE a quarter of a pound of French Barley, and boyle it in three or foure waters till it be soft, then take three pintes of good Cream, and boyle it with
large

large Mace and quartered Nutmeg till it be pretty thick; then have in readinesse a quarter of a pound of Almonds finely beaten, and strain them into a Porringer with Rosewater, and pour it into the Creame and set it on the fire, keeping it stirring till it boyle; then season it with Sugar and Musk, or Ambergriee, and dish it to coole.

To make Stone-Creame.

TAKE a pinte and halfe of thick sweet Creame, unbeat Mace and Cynamon a good proportion, sixe spoonfuls of Rosewater: season it sweet with Sugar, and boyle them till a quarter of them be wasted; then dish it and keep it with stirring till it be as cold as Milk from the Cow; then put in a little Runnet and stir it together, then let it stand and coole,

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and serve it to the table. You must charge it with Runnet according to the goodnesse.

To make Macroones.

TAKE one pound of fine white Sugar beat and searced very fine, and one pound of blanched Almonds beat very fine: you are to note, when you beat Almonds, you must wet them either with Rosewater or other water to prevent oyling; then mix the Sugar and Almonds well together, put them into a dish and dry them over a gentle fire; then take the whites of five Eggs well beaten with Rosewater, and wet the Almonds with it, so wet that you may make them up with your knife into Cakes, and lay them on a paper that is buttered very thin, and bake them in an Oven where Bread hath beene baked, a quarter of an houre.

To

To make a Foole.

SLice a Manchet very thin and lay it in the bottom of a dish; and wet them with Sack, boyle Creame, with Eggs, and three or foure blades of Mace; season it with Rosewater and Sugar, stir it well together to prevent curdling; then pour it on the Bread and let it coole; then serve it up to the Table.

To make Almond-puff.

TAke halfe a pound of the best Almonds and blanch them in cold water, and slice them in thin long slices, put them into a dish with their weight of double refined Sugar, finely searced, and Mixe Carraway seedes with Muske and Ambergriee; then have some
H 5 whites

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whites of eggs, & beat them, and as the froath ariseth take it off and put it among the Almonds: repeating this till the Almonds be wet, if they be too wet they will not doe well; then lay some on Papers or Wafers, and cast them up lightly with the point of a knife, like a Rose; you must not lay the Almonds thick, but that they may look a little hollow, within, like a Honey-comb; then scrape a little fine Sugar on them and put them into an Oven that is not very hot, for they must not be very brown.

A Syllabub.

TAKE a pinte of White-wine or Sack, and a sprig of Rosemary, a Nutmeg quartered, a Lemmon squeezed into it, with the peeles, and Sugar; put them into the pot at night, and cover them.

them till the next morne; then take a pinte of Cream, a pinte and halfe of new Milk; then take out the Lemon peel and Rosemary, and Nutmeg, and so squirt in your Milk into the pot.

Another.

Take a pinte of very thick Cream and a pinte of Sack, or White-wine, and put them together in a deep Bason, with two whites of Eggs, the juice of a Lemmon, with a piece of the peel and a little Sugar; then take a whisk and whip it, and as the froath ariseth, take it up with a spoon and lay it in a Fruit-dish, or bason; and when the bason is covered, lay fine searced Sugar on it, and so to the top of the bason.

To.

To make Cream with Snow.

BOyle a pinte of Cream with a stick of Cynamon, and thicken it with Rice Flower and the yolk of an Egg, season it with Rosewater and Sugar, and Salt, and let it have a walm; then put it into a dish, and lay clouted Creame on it, and fill up the dish with froath of Creame which comes to the top of the churme; when you make Butter sprinkle it with Rosewater, and scrape Sugar on it, and some Pine kernels on it, and serve it up.

To make a Rice Florentine.

BOyle the Rice with milke or water, and season it with Nutmeg, Cynamon, Salt, Sugar and Carrawayes, Rosewater, sliced Dates, lumps of Marrow,

two

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two or three yolks of Eggs, a little Creame, if it be too thin put in a little grated Bread, and put it into Puff-paste in a dish, and bake it: you may make a Pudding thus in Guts, shredding the Dates and Marrow finer.

To make Cream cabbage.

SET a gallon of new milk on the fire, and when it boyles, scum it so long as froath ariseth; then empty it into ten or twelve boules, as fast as you can without froathing, and set them where the winde may come; when they are a little cold, gather the Cream that is on the top with your hand, crumpling it together, and lay it on a plate; when you have laid three or foure layings on one another, wet a feather in Rosewater and Musk, and stroke over it, and
scarce.

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searce a little grated Nutmeg and fine Sugar, and lay three or foure layes more on it as before: this do cill you have off all the Cream on the boules; then put all the Milk to boyle againe, and when it boyles, set it as you did before in boules, and use it in like manner: it will yeild foure or five times seething; which you must put on your plate, as before, that it may lye round and high like a Cab-bidge: let one of the first bouls stand, because the creame of them will be thickest and most crumpled; take that up last to lay uppermost; and when you serve it up, searce or scrape Sugar on it: This must be made over night for dinner, or morning for supper.

To

To make Italian Puffs.

Work up the searced Sugar in Gum-dragon, steeped in Rosewater, and beat it in a Morter with the white of an Egg, to a Paste; put into it a few Carraway seeds, and roule it in knots or little loaves, or what fashion you please, and set them in Wafers and bake them in an Oven as hot as for Manchet; and when they are well risen in the Oven take them out, but handle them not till they be cold.

To make a Posset pie.

Roast Apples very well, and beat the pulp of them with Sugar, that it be as sweet as Syrop; then take thick Creame and boyle it, and mixe it with the yolks of raw Eggs, a few crumbs of

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of Bread, a little Cynamon, Ginger, three Spoonfuls of Sack; make the Pie low and set it in the Oven to dry, and when it is hard put in the meat; and when you take it out, stick it with, and strow Comfets on it, or stick it with Cittron or other Sweet-meats of different colours.

*An excellent clouted
Creame.*

TAKE new Milk from the Cow, and set it over the fire in a kettle to scald, ready to boyl, and straine it thorow a cloth, and put it in severall pans to coole: then take off the Creame which will scumme, and season it with Rose-water, Sugar, and Musk, putting Creame to it. Serve it up with Snow on it. You may keep it a day without Cream.

Cod-

Codling cream.

COddle twenty faire Codlings very well, then peelee and coare them very well, and beat them in a Morter; then take a pinte of Cream and mixe them well together and straine it into a dish, and mixe it with Sugar, Sack and Musk, and Rosewater, if you please: you may doe the same with any fruit if you will.

Almond creame.

BEat halfe a pound of sweet Almonds with Rosewater; then take a quart of Creame and put it to the Almonds by degrees, as you beat them, and straine it into a skellet, and boyle a stick of Cynamon with it, keeping it with stirring all the time, to prevent burning, and boyle

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boyle it till it be thick, then take it and mixe it with Sugar, and serve it up cold.

A quaking Pudding.

SLice the crumbes of a penny Manchet, and infuse it three or foure houres in a pinte of scalding hot Creame, covering it close; then breake the bread with a spoon very small, and put to it eight Eggs, with but foure of the whites well beaten, and season it with Sugar, Rosewater, grated Nutmeg, or a drop of oyle of Nutmeg, if you thinke it too stiff put in some cold Cream: when you season it mixe it very well, it will be the lighter; wet the bagg, and butter, and flower it; then put in the compound, tie it hard and boyle it halfe an houre; then dish it, and put to it Butter, Rosewater and Sugar melted, and serve it up to the table.

Ano-

Another.

SCald your Bread with a pinte
Of Creame, as at first, and
put to it a quarter of a pound of
Jordan Almonds, beaten small
with Rosewater, to prevent oy-
ling, or at the time of the yeare,
as many Walnut kernels blan-
ched, which will be as good: sea-
son it with Sugar, Nutmeg, Salt,
sixe Eggs, a quarter of a pound
of Dates sliced and cut small, a
handfull of Currans, and Marrow
minted: work all these together,
but not too thick: butter a dish
and put it to bake.

To make Apricock chips.

TAke halfe as much fine beaten
Sugar as Apricocks, pare and
cut them as thick as the back of a
knife into a bason, and strow the
Sugar

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Sugar on them, and set them on a chafing-dish of coales, but let them not boyle nor simmer, but shake them often, till the Sugar candy on the bason side; then take them out and lay them on plates in a stove, and keep them with turning till they are dry.

To dry Apricocks with the full weight of Sugar.

STone and pare the Apricocks as you doe them, put them in faire water on the fire, being scalding hot, and scald them very tender, but let them not boyle; and while they scald, take their full weight of Sugar and put to it a little water, and set it on the fire till the sugar be thoroughly melted, and seething hot, but be sure it boyle not; then put in the fruit, and let them stand on the fire till they be thoroughly hot in
the

on a the Syrrup; then take them off
let and heat them so morning and
but evening, and in the heating turn
gar them till you see them candy on
nen the top, which will be in seven or
on eight dayes; then take them out
em of the syrrup and lay them upon
glass or stone plates, and set them
in the Sun to dry, which will be in
a day or two, but you must not
heat them that morning you take
them out. For black or white Pear-
plums, you must take much lesse
water, and you must seeth the su-
gar to a candy height. In all
things else doe them as the Apri-
cocks, except stoning and paring.

*To dry Apricocks with half the
weight of sugar, which is
the best way.*

STone and pare the Apricocks,
having first weighed them,
and take halfe their weight
in sugar, which must be boyled
to

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to a Candy height, which you may know by the dropping of it: when you finde it break, and run up like a small haire, which it will do when it comes to that height; then put in the Apricocks, and let them boyle a quarter of an houre, and let them lie in the Syrrupe all night; the next day lay them on a Glasse, or stone Plate, to dry in a stove.

*To dry Apricocks
another way.*

LEt not the Apricocks be too ripe, and a day after they be gathered stone and pare them, and to a pound of Fruit take a pound of Loafe sugar beat small, and cover them all over with it for two houres, till the Sugar be so moist that it will melt without water; then set them on a slow fire, that they boyle not in two houres

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houres or more, turning them often that they break not; and when you think they are enough, put them into a deep glasse, and the Syrrup into a silver dish, and let it boyle a little, then poure it on the Apricocks, and let it stand uncovered till the next day, then cover them, and when they have laine a weeke in that Syrrup, take them out and lay them on glasse plates and set them in a stove, or any place where they may have the aire of the fire, and every day turn them on clean glasses, till they dry.

*To candy Oranges with
Marmalade in them,*

TAKE the fairest and thick-
rind Oranges, and best coloured,
and pare off the out-side
very thin and rub them with
Salt, and wash it off againe, and
dry

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dry them, and make a little hole in the bottome, onely to put in your fore finger, and take out the meat and seedes, and skinner very cleane, and keep the Oranges as whole as you can; then lay them in water, and shift them thrice in a day; then boyl them in four severall waters; all which (but the first) must boyle when you put them in; then lay them between two course cloths to dry up the water; you may remember to cut stoppers for the holes out of some other Oranges, which must be watered and boyled with them: then take to a pound of Oranges, one pound and a half of the best Loaf sugar, and wet the sugar thin, and let it boyle almost to a bandy; then stir it in the skel-let till it coole, and then it will be thicker and thicker; and before it be too hard, put in the Oranges, and set them upon embers, and it will

will turne thin againe, and so let them preserve softly in the syrup, still turning of them till you think they will come dry, and the sugar candy, but not too hard; when they are hot fill them with the Marmalade, and put the stopples on them.

To make Paste of Oranges.

TAKE the thickest rinde and fairest Oranges of colour, is the best; then pare off the out-side very thin, and rub them with salt, and wash it clean off againe; dry them in a cloth and cut them in halves, and wring out the juice, straine it and keep it in a glasse, then scrape out all the meat and lay them in water two dayes, and shift them twice a day; then boyle them in four severall waters, boyling before you put them in, except the first; take them out & lay them betwixt

course cloaths till they be very dry; then scrape out the strings, and cut out all the black in them, and beat them to a fine Paste in a stone Morter; then scald some Apple-Johns in the last water you boyle your Oranges in; then take off the pulpe of the Apples and beat it fine in a stone Morter, and to one pound of Orange-pulp you must take a quarter of a pound of Apple-pulp; then mixe them well together, and put the juice of the Oranges you saved, and the juice of four Lemmons to it; and take the full weight of all this in double refined sugar; then set the pulp on the fire in a silver or stone dish; stirring of it continually; then wet the sugar thin with water, and put some Musk and Ambergriee tyed in a Tyffeny bagge into it, and let it boyle to a Candy; then put in the pulp and stir them well together.

ther, and let it boyle a little after it is in; then drop it on sheets of glasse in round cakes, and set them in a warm cupboard to dry, and when one side is dry, take them off and clap two together.

To make jelly of John-apples to lay upon Oranges.

PAre and cut them in pieces somewhat less than quarters, then pick out the kernels, but leave the coares in them, and as you pare them put them in faire water, lest they be black; then put to one pound of Apples, three quarters of a pint of Water, and let it boyle apace till it be halfe consumed; then let it run thorough a jelly-bag; then take the full weight of them in double refined sugar; wet the sugar thin with water, and let it boyle al-

most to a Candy; then put to it the liquor of Apples, and two or three slices of Orange peel, a little Musk and Ambergriee tied in a piece of tiffany, and let it not boyle too softly for losing the colour; then warme a little juice of Orange and Lemmon together, and it being halfe boyled, put it into it, but not too much juice, for then it will not jelly; then set some to jelly in a spoone, and if it jelly, take it up, and have ready in a glasse some preserved Oranges, and poure it on them.

To preserve Pearmaines

in slices.

Take them about Alhollontide, for then they are best; pare and cut them round in thinne slices, and cast out the coare of every slice as you pare them, put them

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them into faire water, or they will be black; then take to a pound of Apples as much fine Loaf sugar, and halfe a pinte of spring water, and set the sugar and water together on the fire, and boyle it to a clear syrrop, and let it be cold before you put in the Apple; then put to a pound of Apples a little rind of Oranges and Ambergriee, and Musk, in a tiffany; and when it hath boyled a good while, put in the juice of three Oranges, and two Lemmons warmed; you may allow at the first putting in of the sugar, three spoonfulls more of sugar for the juice: let them boyle till they be very clear, and the syrrop jelly.

To make jelly of Raspeffes.

Vhen you have strained the Raspeffes, take to eve-

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ry pinte of juice three quarters of a pound of Loaf sugar, pick out some of the fairest; and having strowed some of the sugar in the bottom of the skellet, lay them in one by one, and then put the juice upon them, and some sugar, reserving some to put in when they boyle, and so let them boyle apace, putting on the sugar till they be enough; for Currans, you need not put them on till they be enough.

To preserve Pippins in Jelly.

TAKE the golden Pippin, which is much the best, and take three quarters of their weight in double refined sugar, being beat fine, and as much water as you think will cover them in boyling; and when the sugar is melted put in the Pippins, being
very

very finely pared and cut in halves, or quarters, which you like best, a little of the coares being taken out of them. When they have simpered a while, let them boyle as fast as may be on a cleare fire, till they looke very cleare: when you set them first on the fire, you may put in a little Orange-peel cut very thin, and boyled in several waters till it be tender, and then cut into little long slices, which will look handsome, and give the Pippins a good taste; then take out the Pippins, being boyled enough, and boyle up the Jelly with a quick fire as fast as may be. Being the day before made thus, take any good Pippins and pare them, and cut them in halves, and put them in a skellet with a little more water than will cover the bottome of the skellet, and let them boyle fast till they looke cleare; then

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put them out into a stone dish, and crush them thorow a jelly-bagg whilst any liquor will run out from them, and let it stand all night in a cleane stone pot; and when the Pippins are boyled, take the cleare of this liquor, and with the quarter of their weight of the best sugar, and boyle it till jelly; then lay the Pippins in the glasse, and put as much jelly to them as will even them in the glass, and put the rest as fast as you can into little flat stone dishes very thin, and when it is cold, slide it all over the glass of Pippins, and the next day tye them up.

To drie Pippins.

TAKE the fairest Pippins, about *Christmas*, and set them one by one in an Oven, a little warmer

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mer than when bread is drawn,
and let the Oven be heated twice
a day, and turne the Pippins once
in either heating; when they be-
gin to be a little tender; flat
them, and be carefull you break
not the skinner; then keepe
them flat and turned, till they
be drie; the Pippins must not
be spotted, but the clearest can be
got.

To make Snow.

TAKE a quart of the best
Creame, and a quarter of
a pound of blanched Almonds
beated very fine, with Rosewater,
and strained, half a pint of White-
wine, a piece of Orange peece, a
sliced Nutmeg, 3 sprigs of Rose-
mary, & let it stand two or three
hours, being made sweet with Su-
gar; then strain them into a bason;
then take out some of it into a

I 5,

lesser

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set thing, and beat it till it froath or bubble, and as the froath ariseth take it off gently with a spoon, and lay it in the dish you serve it up in: you must beat it all by a little at a time, till you have as much of the froath and bubbles as will rise a good height; you may put more Sugar to it, but no Cream but what was in it, for that which falls from the bubbles will be enough.

To make jelly of Raspeßes.

WHen the Raspeßes are picked clean, strain them through a haire sieve with a spoon; if you would have it very clean, you must not straine them too dry, but onely the thinnest juice; then put in as much Loaf sugar as you think fit, or (if you will) weigh the Raspeßes; and when they are strained, weigh the
the

the seeds, and take something less than the weight of the juice in sugar, and boyle it till it jelly in a spoon, being cold, (as stiff as you would have it;) if you would have some feedes in it, leave out some Raspeßes whole, and boyle in it, or (if you please) preserve a few and put in it: when you glasse it, you must not doe any thing that is red in any Pewter or Tinne; you may do red Currans the same way.

To make Raspes-cakes.

WHen the Raspes are clean pick'd, weigh them, and take something lesse than their weight in Loaf sugar finely beaten, and put in two or three spoonfulls of sugar in the boyling of them, to keep their colour, and keep them with stirring while they boyle, till you finde they
come.

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Scum clean from the bottom of the skellet : in the mean time, let the rest of the sugar be boiling, being only made wet with water, or very little more; and when it is almost boyled to sugar again, take it off the fire and put in the Raspesses, and stir them well together, and then set them on a soft fire, and keep it stirring gently halfe a quarter of an hour; then take it off the fire and stir it, that it may be almost cold; then put it into the pewter moulds, and set them in a stove very gently, hot, or where they may have a little aire of the fire; after three or foure dayes take off the rings, and when you finde them dry at the top, turne them upon glasses, which you must lay under them at the first, or a pewter plate, or else they will lose their bright colour; you must not stir the sugar when it boyles, but onely
about

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about the sides, to keep it together, but let it boyle upon a good quick fire: it will be the better colour, if you give them the full weight of sugar.

To preserve Raspesses.

Pick cleane the fairest Raspes, and take their bare weight in Loaf sugar, which must be finely beaten, and strow a layer of sugar in the bottome of the skellet, or China dish, and then a larger of Raspes, & so three or foure times double, and crush some juyce of other Raspesses all over them, & set them on a soft fire till the Sugar be melted, often shaking them; then let them have a quick fire, and let them boyle some five walms. Every time they boyle up shaking of them, and in so many boyles they will be enough.

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To preserve Cherries.

TAKE the deepest coloured Cherries and largest you can get, and gently pull out the stones and stalks, and lay them in a skellet, or China dish; lay a layer of Sugar first, and then a laying of Cherries, with the stalky side downward, and so to the height you intend, having the bare weight of sugar to the cherries, and let them lye till you have peeled some skins off of the smallest Cherries, but well coloured; if you will have them of a crimson colour, one ounce of skinnes will be as little as you can take to one pound of cherries, not taking any of the juice of the cherries with the skinnes, for that will make them looke tawny; put a little sugar to the skinnes to fetch the colour out of them, and set

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set the skinnes on a soft fire, often stirring and crushing them with a spoon; then pour all that juice on the Cherries and set them on a soft fire, often shaking of them till the sugar be pretty well melted; then set them on a quick fire and let them boyle up; then take them off, and the froath settled scum them cleane, and so doe till you think them enough, which you may finde by their clearnesse; then take them off and scum them very clean, and let them stand all night in a silver or china dish, and the next day, if the syrrup be not very thick, let the fruit be put up into glasses, and boyle the syrrup againe on a quick fire, and when it is cold, put it to the Cherries, and be sure to let the glasses stand open till they be cold. If you would have them pure coloured, do them with the best sort of sugar.

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*To make Quince cakes the
true way.*

TAKE the yellow apple Quince
and parboil them over a quick
fire, and when they are soft, and
begin to crack, take them out of
the water, and lay them on a dry
cloth, letting the water drain wel
out of them, and scrape the pulpe
of them into a silver dish, & take
to one pound of that pulpe
one pound of the best loose
Sugar; then boile them together
on a quick fire, and when you
think it enough, which you may
know by laying a little on a Ta-
ble, and if it comes clean from the
board, without cleaving, it is e-
nough; then strow some Sugar
finely forced upon the board, and
put the stuffe on that Sugar, and
when it is cold, mould them up in-
to little cakes, and print them;
then

then set them in a box by the fire, with the lid of the box open, some two dayes, that they may dry.

To preserve sweet Lemmons.

PARE the Lemons thin, and rub them with salt, and wash it off again; lay them in water two daies and shift them morning & evening; then boil; and shift them in four several waters, all which must boil before you put them in, except the first, but let them not boil too long in one water for making them black; take them out, & lay them between two hot cloathes til the water be soakt out of them; cut them in halfs, and weigh them, and take to one pound of lemons a pound and half of the finest loaf sugar, and to every pound of sugar a pint of water, beat the sugar very fine, and set it on the fire with the water, and when it is cleane scummed and boil'd a little while,

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while; then take it off and let it cool; then tie up the Lemmons in Cobweb-lawne, every halfe by it selfe, and put them into the syr-rup, and let them boyle or simmer very softly an houre or less; then put them into a silver bason, and so let them stand a week before you boyl them up, then boyl them with a little Ambergriee and Musk tyed in a piece of Cobweb-lawn, the least that may be will make them taste very strong, and some halfe an houre before you take them up, put in the juice of foure or sixe Lemmons made warm, and so let them boyle till they be enough; then take off the tiffeny, and put them up when they are cold.

The

The best way to preserve Oranges, or such like,

IS never to boyle them in Sirrup, but when they are boyled in water, and not too soft, and to make a Syrrup first; and as soone as it comes off the fire, put in the citron, and let it lye three or foure dayes, turning it every day: then poure the sirrup from them, and boyle it againe, till it be of a pretty thicknes; then put in the citron when it comes off the fire boyling hot, and let it lye therein six or seven dayes, and then boyle the sirrup as before, and at the last boyling you may Amber it if you please: if you give them Sugar enough, three times will serve to make them keep; if they doe not, you may boyle the sirrup at any time again. But if they have stood long before

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before you boyle the fyrrup againe, you must let it coole before you put it to the Citrons againe, lest they blister. This way is very good; if the sugar be fine, they will eat daintily and firme.

To make jelly of Oranges.

SHave the Oranges thin, and quarter them, and water them three dayes, shifting them twice a day; then boyle them very tender in severall waters till the bitternesse be gone; then dry them with a cloath and cut them in thin slices athwart the quarters, then take their weight of the best sugar, fill a pinte of liquor made of Apple-Johns, and Spring water, as strong of the apples as you can make it, then mix the sliced Oranges and the liquor together, then take the sugar, being finely beaten, & wet it

it with a little water, and when it hath boyl'd a little, & is scumm'd, put the orange and apple-liquor into that syrrup, and boyl it till it be ready to jelly; put in 4 spoonfuls of the juice of orange and lemmon together, boyle it a little after, and, if you please, tie a little Amber and Musk in a tiffany and put in it, as long as you think fit.

To candy Oranges.

GRate off the upper rinde of the Oranges, then pare the rinde off very thin, and have water by you to put them in as you pare them; then sew them up in a fine cloath, and when the water boils put them in, and shift them into three waters, but they must not boil too long in one water, lest they look black, & let the pan be made cleane every time: when they are boyled take them out of the Cloaths and lay them one by

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by one on a dry cloath, and cover them with another; then make a cleare syrrup, as much as you thinke will boyle so many peeces; let them boyle softly, lest the syrrup grow too thick before they be enough; and when they are cleare, and the syrrup hangs about them, take them off the fire and put the syrrup and them into a glass, or silver dish, and let them stand on a dry place (not too hot) till you see them begin to candy; then take them out and lay them on plates or trenchers, and let them dry of themselves without any fire, till they be almost dry; then you may put them in a little heat lest they grow black.

How

How to make Christall jelly.

TAKE a Knuckle of Veal, and two Calves feet, and boile them in cleare water, but boile not the meat to pieces, for then the jelly will look thick: then take a quart of the clearest of it, and put it into a skellet or pot, with a little sliced Ginger, whole white Pepper, a Nutmeg quartered, a grain of Musk; put all these Spices in a bag, boile them in the jelly, then season it with foure ounces of white Sugar-candy, and three spoonfull of Rose-water; run it through a Cotten Jelly-bag, and if you will have it look of an Amber colour, bruise your Spices, and let them boile loose in the jelly.

**To make white Leach
of Cream.**

Take a pint of sweet Cream, sixe Spoonfulls of Rosewater, two granes of Muske, two drops of oyle of Mace, or a blade or two of large Mace, boyle it with foure ounces of Icing-glass, being steeped and washed clean; then run it thorow your jelly-bag into a dish; when it is cold slice it in chequar-work, and serve it up on a plate, or glasses. This is the best way to make Leach.



FINIS.

